



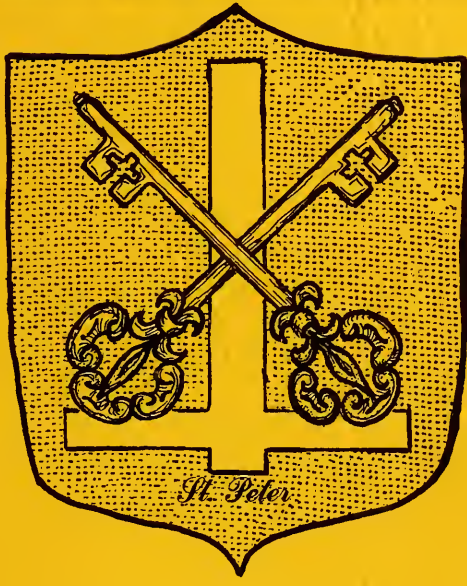
APPETIZERS

BEVERAGES

BREADS



CANNING & PRESERVING



LOW CALORIE COOKING



CAKES & DESSERTS

MEATS

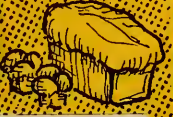


POULTRY

SAUCES

# Keys to the Kitchen

GAME



SALADS

SEAFOODS

VEGETABLES



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"Keys to the Kitchen" contains over 800 favorite recipes of members and friends of St. Peter's Parish family in Washington, N. C. Some are treasured "family secrets", handed down from generation to generation. Each has been tested and enjoyed.

"All history will attest that happiness for man--  
the hungry sinner--  
Since Eve ate apples, much depends on dinner."

All proceeds derived from the sale of these books will be used for the charitable works of St. Peter's Church Women.

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# TABLE OF CONTENTS

Chapters	Chapter Chairmen	Page
Beverages	Mrs. Garland Homes -----	10
Appetizers	Mrs. Clark Rodman-----	18
Soups	Mrs. Robert Kidwell-----	34
Salads	Mrs. Lonnie Squires-----	50
Salad Dressings	Mrs. Lonnie Squires-----	70
Main Dishes		
Beef	Mrs. Sam Tim Carter-----	76
Eggs and Cheeses	Mrs. Sam Tim Carter-----	96
Poultry	Mrs. Jarl Bowers-----	105
Seafood	Mrs. Lee Cooper-----	128
Wild Game	Mrs. Bob Barker-----	151
Sauces and Stuffings for Wild Game	Mrs. Bob Barker-----	165
Pork, Lamb and Veal	Mrs. Bob Barker-----	168
Sauces	Mrs. Dave Tayloe-----	175
Vegetables	Mrs. Henry Moore-----	183
Fruits	Mrs. Henry Moore-----	215
Breads	Mrs. Hobart Brown-----	217
The Sweet Things		
Cakes and Icings	Mrs. Henry Hodges-----	233
Pies and Tarts	Mrs. Henry Hodges-----	262
Desserts	Mrs. Irwin Hulbert-----	281
Cookies	Mrs. Irwin Hulbert-----	304
Candies	Mrs. Irwin Hulbert-----	312
Pickles, Preserves and Relishes	Mrs. Bernard Winfield-----	316
"So-Lo" for Dieters (A complete chapter of low calorie recipes)	Mrs. Warren Lane-----	332
Index	Miss Susan Smith-----	360



## THE KITCHEN PRAYER

Lord of all pots and pans, and things,  
Since I've not time to be  
A saint by doing lovely things  
Or watching late with Thee,  
Or dreaming in the dawn light,  
Or storming heaven's gates,  
Make me a saint by getting meals  
And washing up the plates.

Although I must have Martha's hands,  
I have a Mary mind,  
And when I black the boots and shoes,  
Thy sandals, Lord, I find.  
I think of how thy trod the earth  
Each time I scrub the floor;  
Accept this meditation, Lord -  
I haven't time for more.

Warm all the kitchen with Thy love  
And light it with Thy peace.  
Forgive me all my worry,  
And make my grumbling cease.  
Thou who didst love to give men food,  
In room or by the sea,  
Accept this service that I do.  
I do it unto Thee.

Klara Munkres



## St. Peter's Episcopal Church

When the town of Washington was laid off by Col. James Bonner about the year 1776 he set aside lot No. 50 "for the public use of the said township for building a church on." On this lot located at the corner of Bonner and Main Streets, the first church building in Washington was erected and became known as "The Free Church". This church was used by all denominations until between the years of 1800 - 1823 the Methodists, Presbyterians and Episcopalians built their own churches. In 1835 by some arrangement, the Baptists were given "The Free Church" building and it was moved to a lot on Market Street.

In 1822 the Episcopalians built old St. Peter's Church where now stands a mounted tablet in the grave yard facing Main Street "to commemorate the founding of St. Peter's Parish - April 7, 1822. Burned 1864".

The wooden building was a plain but substantial edifice. It had but little pretension to church architecture, and could be recognized as such by the simple tower in which hung a bell to remind one of its sacred character. The church burned on May 9, 1864. Though the fire occurred during the war it was not an act of war.

During the burning of the church the heat from the fire caused the bell to toll until it fell from the tower. Thus the tolling of the bell marked the passing of Old St. Peter's Church.

During the burning of the church a faithful servant Abram Allen with the aid of several Confederate soldiers, saved some of the chancel furnishings. A Mr. McRae almost unassisted carried the Baptismal Font from the Church. The handsome crystal chandelier was put on the street by the side of "The Episcopal Pump" and after resting there for two weeks was removed to safe keeping until the new church was built.

The new Church, begun in 1867 and completed in 1873, was moved to its present location facing Bonner Street. The change in location was determined from a passage in Holy Scripture: "For when Moses had fully conducted the children of Israel through the Red Sea there, by divine command, erected a tabernacle due East and West to perpetuate the remembrance of that mighty East wind where by their miraculous deliverance was wrought, and also to receive the rays of the rising Sun."

The construction of the church was a tremendous undertaking for people who had been made poor by war. During the six years of struggle from 1867 to 1873, the church was completed and the first service held on Sept. 14, 1873. The church when finished was quite different from what it is today for in 1884 the vestibule was added and in 1893 the church was remodeled adding the classic gothic tower. The slate roof and replacing the original plaster ceiling with exposed wood beams with walnut paneling from the Grist plantation continue to enhance the architectural beauty of the Church.

Through the years St. Peter's has become known for its beautiful Gothic architecture, its stained glass windows and many beautiful memorials. With the addition of the magnificent Brown Chapel in 1926, the lovely St. Peter's Chapel Garden in 1973, and completion of the old wall enclosing the historic grave yard St. Peter's Church is an enduring memorial to the Glory of God and continues to serve the parish as its House of Worship.

We, the women of St. Peter's Church bid you to come to view, to partake of its history, and to worship in this Hallowed place.





## St. Peter's Chapel Garden

*This revered and Holy spot of earth set apart from the secular world is but another manifestation of God's loving kindness and goodness to us. As we come here to worship, to meditate, to partake of its serenity, and to feel its peace, may we know the presence of Our Living Lord, and may the Holy Spirit so come to dwell within us that we may declare in heart and mind these words "Thy Kingdom comes on earth as it does in heaven".*

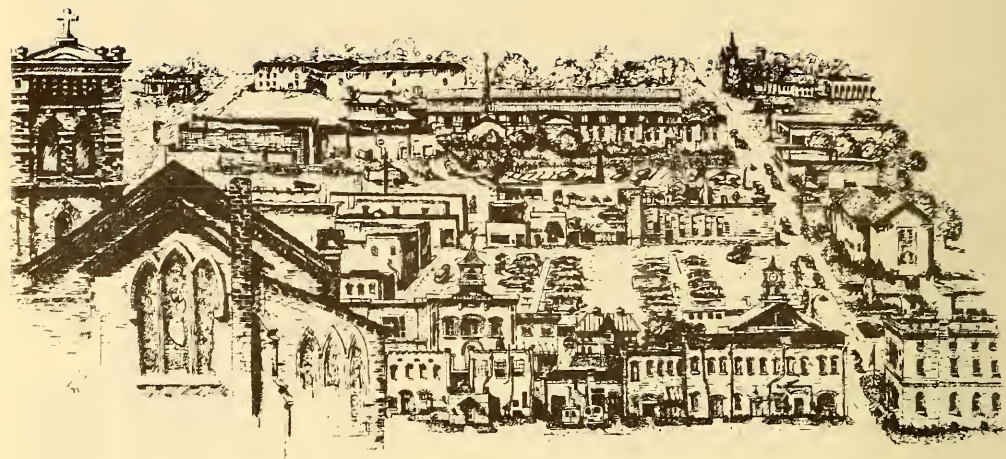
Chapel Gardens and garden shrines have a long history in the Christian Church. From the early middle ages monastery and convent chapels had walled gardens adjacent to them. They were primarily utilitarian but were also serenely beautiful. At the center was often a well or pool, and laid around it herb beds used by the monks in gifts of healing. The church garden serves as an outdoor chapel, functioning in the same way that a chapel does with its stained glass windows and other ecclesiastical furnishings.

In 1973 our rector at that time, Irwin Hulbert, expressed a desire to Verna Attmore that an herb garden be planted on the grounds of Saint Peter's Church. Graciously she accepted the challenge. The Vestry of the Church approved and Verna invited Mary Wilson and Marianna Franklin to work with her. The area adjacent to the Brown Chapel



was selected, and the name of the garden "St. Peter's Chapel Garden" was selected after much thought and consideration. We are indebted to these three women who have given so lovingly, so freely, and so faithfully of themselves, their time and talents in bringing to fruition this beautiful garden. This garden is a growing and continuing testimony of God's love to the living as well as to our loved ones who have entered into eternal life.

The design is an adaptation of many familiar features of our church. The gabled end of the garden wall with a niche is in the Gothic Arch Style of our windows. An old brick terrace forming the chancel is approached by a brick walk that might be a church aisle. Along the walk there are recessed areas for garden benches which form a cross. The Chancel area is separated from the herb garden by a germander border and beds of bright yellow marigolds and Bishop's weed. Yellow is St. Peter's color and only flowers with yellow blooms will be planted in this plot. Two flowers associated with St. Peter grow in our garden - - the cowslips representing the Keys, and the yellow cox comb which represented the words of Jesus "that the Cock shall not crow till thou hast denied me thrice". The cox comb plant is always in bloom on St. Peter's Day. The symbols of St. Peter in the Chancel are incorporated in the Italian lead fountain, The Fish and The Shell. The flowing water itself represents Eternal Life. Of special interests are two rare day lillies, "Amazing Grace" in the fountain border.



## Washington From East To West

Rich in history and charm, the Original Washington, named for General Washington in 1776, spreads itself along the banks of the Pamlico River. Naturally, its inhabitants enjoy their river in boating, fishing, sailing, and water skiing. They also take pride in their heritage, for Washington's history is an interesting one.

It was 1663 when King Charles II granted North Carolina to eight of his political friends, the Lord Proprietors of Carolina. By the turn of the century, settlers had pushed southward from Virginia and the Albemarle area and settled along the Pamlico River. In 1705, the present county of Beaufort was established as Pampticough precinct.

Washington, by the late 1700's, had developed as an important trading center. The chief exports were tar, pitch, turpentine, rosin, Indian corn, boards, scantling, staves, shingles, furs, tobacco, port, lard, tallow, beeswax, myrtlewax, and peas.

By 1800, the pattern of Washington's business and social life was rather well established; and for the next sixty years, the wharves of the town teemed with the river trade that was her very life blood. In the parlors of the lovely homes along Water and Main streets and the sprawling river plantations, one could be assured of a gracious atmosphere, a cup of tea or a glass of port, and interesting conversation. Rodman's Quarters was a favorite hunting ground and tracking deer a favorite sport among the gentlemen of the town and county. The ladies were involved with tea parties, the English High Tea being the fashion, with dinner served and the gentlemen included.

The War Between the States was devastating to Washington. In March of 1862, a Massachusetts regiment of the Union Army entered our town, accompanied by a fleet of gunboats. This dreadful occupation continued until the spring of 1864. Beaufort County responded enthusiastically to the Governor and General Assembly's call for volunteers for the Confederate Army and supplied eleven regiments. The beautiful town was marred by shot and shell. The first of two ravaging fires was kindled at Haven's Wharf in April of 1864, and the second came the very next month. The fires raged through the town, destroying numbers of gracious old homes and churches.

The terrible Reconstruction Period ended when Federal troops were withdrawn from the South in 1877 and Washington got on with thriving businesses, delightful social life, and quality education for the youth. Washington became known for its many outstanding doctors and lawyers.

The coming of hard-surfaced roads and automobiles ushered out a glamorous era of "water commerce" in Washington. Many families owned thriving shipping companies, and today many can also proudly claim salty sea captains as their ancestors.

To describe the charm of Washington is difficult because most of it lies in its people--neighborly, friendly, and justly proud of their town, its past, its present, and its future.

## BEVERAGES

"I drank at every vine  
The last was like the first  
I came upon no wine  
So wonderful as thirst."

Edna St. Vincent Millay



### ARTILLERY PUNCH

1 quart blend	1 pint dark rum
1/2 pint gin	1 quart strong black tea
1/2 pint brandy	1 pint orange juice
1 1/2 oz. benedictine	1/2 pint lemon juice
1 bottle sweet red wine	

Combine all ingredients in large punch bowl. Add block of ice. Sweeten to taste. Place twists of lemon peel on top and serve in punch cups.

Mrs. Robert Barker (Kaye)



### APRICOT BRANDY

*1 1/2 pounds dried apricots      1 pound sugar  
1 quart vodka*

Place (do not mix) ingredients in 1/2 gallon flat topped glass jar. Turn the jar twice daily - allowing jar to rest on its top for half the day, for 8 days. Use same apricots and more sugar and vodka to make second batch - same procedure only it takes 12 to 14 day.

Marjorie Holland

### BLOODY MARY MIX

*1 quart Clamato juice      3/4 ounces Worcestershire  
3/4 ounces lemon juice      1/2 teaspoon celery seed  
1/2 teaspoon salt      1/4 teaspoon black pepper  
a few good dashes of Texas Pete.*

Mix and chill. When ready to serve add 8 jiggers of Gin or Vodka and ice cubes to serve 8.

Ace Mann, by way of Jarl Bowers  
by way of "somebody else"

### COFFEE PUNCH

*1 gallon strong coffee      5 teaspoons vanilla  
1 quart cream      5 tablespoons sugar  
2 quarts Vanilla Ice Cream*

Chill coffee. Whip cream, add sugar and vanilla. Place Ice Cream & whipped cream in punch bowl and pour coffee over it. Mix well. Serves 50 - 60.

Verna T. Attmore

### EAST CAROLINA EGG NOG

12 eggs	1/2 cup Brandy
1/2 cup sugar	1 quart milk
1 quart Bourbon	1 quart whipping cream
3 ounces Rum	

Separate eggs. Beat yolks with 1/4 cup sugar until light. Stir Bourbon, rum & brandy into egg yolks. Whip the cream, mix with the milk and add. Beat egg whites until stiff, add rest of sugar and fold into mixture. Serve cold, topped with a sprinkle of nutmeg. Serves 12

Wm. Blount Stewart

### FROSTY SOURS

1 6 ounce can frozen orange concentrate	
1 5 3/4 ounce frozen lemon juice	
1 1/2 cups water	6 ounces Bourbon
2 egg whites	Orange slices &
1/4 cup sugar	Mint sprigs to garnish

Combine ingredients in blender and run at low speed until smooth, then on high speed until frothy. Pour into ice filled glasses and garnish with orange slices & sprigs of mint. Serves 4

Mrs. Clark Rodman (Mavis)

### INSTANT RUSSIAN TEA

1 cup Instant tea with lemon & sugar	
2 cups Tang	1 large Coolaid Lemonade
2 1/2 cups sugar	1 teaspoon ground cloves
1 teaspoon whole cloves	2 teaspoons cinnamon

Combine all ingredients & store in tight containers. 3 teaspoons of mixture with boiling water makes a nice cup.

Mrs. Lee Cooper (Athy)

### MARY LONG'S PUNCH

4 - 12 ounce cans frozen orange juice  
2 - 12 ounce cans frozen lemonade  
24 cups cold water  
1 quart bottle ginger ale

Mix and serve iced cold

"We used this recipe to serve receptions of 500  
& 600 and it was wonderful. We mixed it as we  
used it, which eliminated having a lot left over."

Mrs. Hal Wilson (Mary)

### MINT JULEP

2 ounces Bourbon	3 sprigs of mint for
1 tablespoon whole mint leaves	garnish
1 1/2 teaspoons simple syrup	Cracked ice
	1 teaspoon powdered Sugar

Pour Bourbon over mint leaves & let stand while you  
rim the julep cup with lime or lemon & dip in  
powdered sugar. Put in freezer to frost. Remove  
mint leaves from Bourbon - to crush, or not to crush  
the leaves is optional. Add simple syrup to Bourbon  
& pour over cracked ice in Julep cup. Garnish with  
3 sprigs of mint. Serves one.

Wm. Blount Stewart

### MULLED CIDER

1/2 Teaspoon Allspice	1/3 cup Brown sugar
2 Teaspoons stick cinnamon	1 quart Cider
6 whole cloves	

Tie whole spices in cheese cloth bag. Drop bag into kettle  
of hot cider with sugar added and let simmer until cider  
is spicy enough. Serve in mugs with a dash of freshly  
grated nutmeg.

Verna Attmore

### MISS WILLIE'S RAISIN WINE

3 yeast cakes  
10 1/2 quarts water

6 pounds of sugar  
6 packages Del Monte  
Seeded Raisins

Measure into stone crock - dip out enough water to dissolve yeast - then enough to dissolve sugar. Break raisins apart - add dissolved yeast and sugar, stir well. Stir once every 4 days for 4 weeks. Siphon off several times til clear. During the 4 weeks crock should be in kitchen or warm place - and should not be moved until the end of 4 weeks. (At one time used for Communion)

Mrs. John G. Bragaw  
(submitted by Lalla Bragaw)

### OLD FASHION COCKTAIL

1 lump sugar  
1 teaspoon water  
1 dash Angostura Bitters

1 1/2 ounces good Bourbon  
1/2 slice orange  
1 maraschino cherry

Muddle sugar, water & bitters until sugar dissolves. Add ice & pour bourbon over. Garnish with cherry & orange slice, and serve.

Mrs. John H. Small  
(Isabelle Carter Wharton)

Submitted by Blount Stewart

### RUM PUNCH

Juice of 1 lemon  
Juice of 1 orange  
8 teaspoons pineapple juice  
4 teaspoons sugar

4 teaspoons cherry juice  
2 ounces dark rum  
6 ounces light rum  
3 ounces water

Combine and serve over ice. Serves 4.

Mrs. Garland Homes ("Boo")



### PINK CHAMPAGNE PUNCH

2 cups sugar	2 bottles Sauterne
1 can frozen lemon juice	1 pink champagne
plus 1 can water	1 1/2 cups sliced strawberries

Combine sugar, lemon juice & water. Stir until sugar is completely dissolved. Freeze a few of the sliced strawberries in ice cubes or ring mold and place in punch bowl. Pour over it the lemon juice mixture, then the Sauterne & Pink Champagne. Stir gently to mix and add the rest of the sliced strawberries. Yield about 3 1/2 quarts.

Mrs. Vernon Allen (Thelma)

### ST. NICK'S PUNCH

1 8 ounce can pineapple chunks	1 bottle white
1 46 ounce Red Hawaiiin punch	grape juice
chilled	1 18 ounce can
1 6 ounce can frozen lemonade	pineapple juice

Mix and pour over ice - Pretty when garnished with mint.

Mrs. Clark Rodman (Mavis)

### RUSSIAN TEA

8 cups water	1 cup sugar
1 stick cinnamon	1 large can (48 ounces)
8 whole cloves	pineapple juice
2 tea bags	1 cup lemon juice
	1 6 ounce can frozen orange

Boil water & spices for 15 minutes. Add tea bags and let steep for 10 minutes. Remove bags and add sugar, stirring until dissolved, then add juices. Reheat when ready to serve. Yield: 32 cups.

Mrs. Vernon Allen (Thelma)

### SUNSHINE PUNCH

1 6 ounce can frozen orange juice  
1 6 ounce can frozen lemonade    4 cups cold water  
1 6 ounce can frozen limeade    1 large bottle  
   ginger ale

Combine first 3 ingrediants with cold water. Pour over ice in punch bowl and add ginger ale just before serving. Serves 12 to 15.

Mrs. Hilton Satterthwaite  
(Louise)

### TOMATO FREEZE

1 quart tomato juice                    3 or 4 leaves fresh  
2 tablespoons lemon juice                    basil  
1/2 teaspoon worcestershire sauce

Mix first 3 ingredients and put in refrigerator tray for 2 or 3 hours. Stir frequently to keep from getting icy. The mixture should be mushy when served as a first course in sherbert glasses. Add a sprig of fresh basil to each serving for effect and scent.

Verna T. Attmore

### WARM WONDERFUL PUNCH

1 gallon apple cider                    8 to 15 whole cloves  
1 bottle cream sherry                    2 to 4 cinnamon sticks  
1/4 cup brown sugar

Combine all ingredients, altering spices to taste. Heat & serve - or may be refrigerated & heated as needed.

"A warm wonderful way to welcome friends on a cold day."

Mary Capehart Valand

## SASSAFRAS TEA

1 cup parched Sassafras leaves  
Juice of 4 oranges (or 1 cup orange juice)  
Juice of 2 lemons (or 2 tablespoons lemon juice)  
2 cinnamon sticks

Pour one quart boiling water over one cup leaves and one of the cinnamon sticks. Steep for five minutes and strain. Put leaves and the other stick of cinnamon in a saucepan and one quart of water. Bring to a boil, remove from heat and steep for five minutes. Add juice of oranges and lemons (strained). Sweeten to taste.

Sassafras and youpon tea were used in colonial times in the Albemarle area, as well as present times, for a good tea and especially for winter colds and ailments.

Gather sassafras leaves in winter and tear the leaves and small twigs off. Chop with knife, and rinse in collander. In saucepan with very small amount of water, steam the mixture over very low heat. After steaming the water out, put in pan and parch in oven at 250° for 45 minutes. Store the mixture in air-tight container. Crush mixture before brewing.

Mrs. Robert L. Barker (Kaye)

## SYLLABUB

Mix with one quart of very sweet cream, one-half pound of fine white sugar; put it aside a few minutes, then add six wine glasses of best Madeira or sherry wine; whip to a stiff froth with an egg beater. Serve in glasses.

Mildred McM. Rumley

## YAUPON TEA

Cut the twigs that have the largest green leaves during the winter season. Chop these twigs and leaves together. The leaves should be in about six pieces each. Place in covered roasting pan and heat 30 to 45 minutes at 350° or until the leaves turn brown. Keep in closed, dry containers and make as any other tea - only steep a little longer.

Mrs. Garland Homes ("Boo")

## APPETIZERS



"Now good digestion waits on appetite,  
and health on both".

William Shakespeare

### ARTICHOKE DIP

1 cup plain artichoke hearts	1 cup finely chopped
1 cup mayonnaise	celery
Worcestershire sauce to taste	1 pkg. Good Seasons
("I use a couple of drops")	Italian Dressing (mild)

Mix together and serve.

Mrs. Garland Homes ("Boo")

### BRAUNSCHWEIGER MOLD

1 8 ounce roll Braunschweiger liver sausage	
1 3 ounce package Phil delphia Cream cheese	
4 tablespoons mayonnaise	
1 tablespoon light cream	1/2 teaspoon curry powder
1 tablespoon melted butter	1/4 teaspoon salt
1 tablespoon dry sherry	1/4 teaspoon pepper

Blend ingredients well & pack into oiled bowl or mold. Refrigerate several hours or overnight. Unmold, garnish with parsley and serve with crackers.

"Nice for cocktail party. Will serve 25 or 30.

Mrs. Vernon Allen (Thelma)



## CHEESE-BACON CRACKERS

*Waverly Crackers - Sharpe cheese - Breakfast Bacon*

Place a thin slice of cheese on each cracker & top with  $\frac{1}{3}$  slice of bacon. On a cookie sheet bake at 200° for two hours - "As many or as few as you like".

Toddy MacKenzie

## CHEESE BISCUITS

1 pound butter or oleo	4 cups plain flour
1 pound sharp cheese	3 teaspoons salt
1 3 ounce can Parmesan cheese	1 teaspoon cayenne pepper

Cream butter, then add finely grated sharp cheese and Parmesan. Blend and beat until light and fluffy. Sift flour with salt & cayenne and add to creamed mixture. Blend well. Put through a cookie press and bake at 325° for about 15 minutes. "This makes a lot but you can halve the recipe for less."

Mrs. Henry Hodges (Kack)

## CHEESE BRAMBLES

1 cup butter or oleo	1 cup sifted plain flour
1 3 ounce package cream cheese	
2 ounces medium sharp cheddar cheese	1/4 teaspoon salt Dash of cayenne pepper

Grate cheddar cheese & blend with softened cream cheese until creamy. Gradually add flour, salt & cayenne. Place dough in refrigerator and chill for an hour or so. Then roll dough out to  $\frac{1}{8}$  inch thick & cut into 2 inch rounds. Lay a small piece of cheese on  $\frac{1}{2}$  of each round & fold over. Crimp edges together with a fork. Chill until time to bake at 450° for 8 to 10 minutes. Serve hot. Yield 3 to 3  $\frac{1}{2}$  dozen.

Mrs. L. A. Squires (Phoebe)

### CHEESE CLOUDS

1 stick butter	1/2 teaspoon salt
1 stick oleo	3/4 teaspoon red pepper
4 ounces grated sharp cheese	2 cups plain flour

Soften butter and oleo. Grate cheese - Blend with other ingredients by hand for 5 minutes, then with electric mixer for 10 minutes. Drop by teaspoons on ungreased cookie sheet. Bake at 350° for 15 minutes.

Mrs. Lee Cooper (Athy)

### CHEESE PUFFS

1/4 pound sharp cheese	2 egg whites
3 ounces cream cheese	1 loaf unsliced French Bread
1 stick butter	

Melt cheese and butter in top of double boiler. Let cool. Beat egg whites until stiff peaks form and fold into cheese mixture. Tear off small chunks of bread and dip into mixture. Place on a cookie sheet to freeze - then when frozen they may be stored in bags. When ready to use, remove as many as you need and bake at 400° for 10 to 12 minutes. Delicious hot.

Mrs. H. A. Franz (Marilyn)

### CHEESE STRAWS

1 1/2 cups grated sharp cheese	1 1/2 teaspoons baking powder
2 tablespoons milk	1/8 teaspoon cayenne pepper
3/4 cup of butter	1/2 teaspoon paprika
1 cup flour	1 teaspoon curry powder
1 egg yolk	

Mix ingredients and knead well. Roll very thin and cut into strips. Bake at 375° for 15 minutes

Wm. Blount Stewart

## CHEESE ROLL

1 pound sharp New York State Cheese  
1 small onion  
1/2 green pepper  
Handful of nuts  
1/2 cup Chili Sauce  
4 Tablespoons mayonnaise  
Tabasco-several drops  
Horseradish-about tablespoon

Grind first four ingredients in food chopper. Mix with other ingredients. Mold into shape desired and chill in refrigerator. Cover with cream cheese (1 small package) seasoned with little onion juice, salt and tabasco. Decorate top with either nuts, Bell pepper, olives or however you like.

Mrs. Clark Rodman (Mavis)

## MEXICAN PIE

1 large can jalepino bean dip  
3 mashed avacados  
3 tablespoon sour cream  
3 tablespoon mayonnaise  
Fresh spring onions, chopped with tops.  
1 package Taco seasoning  
1 lb sharp grated cheddar cheese  
Very finely chopped tomatoes

Put in layers in glass pie plates (makes two), jalepino bean dip, 3 mashed avacados; mix together sour cream, mayonnaise and 1 package Taco seasoning, add to other layers, then add grated cheddar cheese, finely chopped tomatoes (drained on paper towels) seasoned, and fresh spring onions, chopped, with tops. Serve with plain Tostatoes.

Mrs. Harry McMullan, Jr. (Neva)



Canned shrimp loses its canned taste by soaking in 2 tablespoons of vinegar and 1 teaspoon of sherry for 15 minutes.

## BACON WRAPPED WATER CHESTNUTS

Drain canned water chestnuts & marinate in soy sauce at least 6 hours. If water chestnuts are large, I cut them in half. Wrap with bacon, securing with tooth picks and bake at 400° until bacon is cooked. Serve hot.

Susan B. Dawson

## FIESTA PARTY ENCHILADAS

12 Tortillas	1/4 cup shortening
2 large tomatoes	1 1/2 teaspoons salt
1 clove garlic	1 large onion
1/8 teaspoon sugar	1 pound ground chuck
3/4 cup grated mild cheese	Pepper & oregano to taste
Lettuce wedges & tomato slices	

Peel & chop tomatoes and sprinkle with the sugar. Mince the garlic & mix with the tomatoes. Saute in half of the shortening for 5 minutes. Add salt & pepper & set aside. Cook the ground chuck with salt, pepper & oregano totaste. In another skillet saute tortillas in rest of shortening. Brown on both sides. In center of each, place 1 1/2 teaspoons of tomato mixture, some chopped onion & meat. Roll and place on serving dish. Top with cheese & oregano and serve with lettuce and tomato wedges.

Marilyn Franz

## CURRIED PEANUTS

1 pound salted peanuts	3/4 tablespoons curry powder
------------------------	------------------------------

Spread peanuts in shallow pan. Heat in 375° oven for 15 to 20 minutes, stirring occasionally. Remove from oven and stir in curry powder and let cool.

Mrs. Marjorie Holland

## CHICKEN CREAM PUFFS

2 Tablespoons butter, cut into pieces  
1/4 cup boiling water  
1/4 cup flour  
1 egg

In small sauce pan, over medium heat, bring butter and water to boil. Add flour and stir vigorously until mixture comes away from sides of pan and forms a ball. Turn into small bowl of electric beater and add egg, beating well until satiny. Drop 18 mounds, 3/4 inch in diameter on greased cookie sheet, about one inch apart. Bake at 375° for 20 minutes. Cool. Split puff horizontally into halves and fill with:

### *Chicken Salad Filling:*

1 cup chopped, cooked chicken	
1/2 cup chopped celery	1/4 teaspoon salt
2 pieces crisp bacon	1/8 teaspoon pepper
1 teaspoon grated onion	1/4 cup mayonnaise

Mildred McM. Rumley

## SHRIMP REMOULADE

3 cups cooked shrimp, shelled and deveined

### SAUCE:

1 cup mayonnaise	1 tablespoon Derril
2 teaspoons tarragon vinegar	1 tablespoon taragon leaves
1 tablespoon chopped gherkins	1/2 teaspoon anchovy paste
1 tablespoon capers	Salt & pepper to taste
1 tablespoon parsley	

Blend sauce ingredients well and mix with shrimp, as for a salad. Serve on lettuce or in a pretty shell dish, with picks.

Mrs. Vernon Allen (Thelma)



### CRAB DIP

1 pound crabmeat	1 cup cottage cheese
1-8 ounce pkg. cream cheese	2 teaspoons lemon juice
1 cup mayonnaise	1 teaspoon onion juice

Pick over crabmeat and leave cream cheese out of refrigerator to soften. Blend all ingredients and season to taste with worcestershire sauce, paprika & salt. Serve as a dip. Will serve 16.

Mrs. Lee Cooper (Athy)

### CRAB MOLD

2 envelopes plain gelatin	1/2 teaspoon salt
4 tablespoons cold water	2 cups crabmeat
1/4 cup boiling water	3/4 cup mayonnaise
1/4 cup vinegar	2 tablespoons grated onion
3 tablespoons lemon juice	3/4 cup chopped celery

Soak gelatin in cold water and dissolve in the boiling water. Add vinegar, lemon juice and salt. Then add rest of ingredients. Pour in fish-shaped mold and refrigerate several hours or overnight. Unmold on a bed of fresh parsley. Serve with crackers.

Mrs. Cornelius T. Partrick (Mary Lib)

### CLAM DIP

1 7 ounce can minced clams	2 tablespoons grated onion
1 3 ounce package cream cheese	2 tablespoons lemon juice
1/2 pint sour cream	1/4 teaspoon Worcestershire sauce

Leave cream cheese at room temperature until softened. Drain minced clams and reserve liquid. Mash cream cheese with a fork and blend with other ingredients. If not as thin as desired, add some of the reserved liquid a little at the time and blend well. Serve with potato chips.

Mrs. Vernon Allen (Thelma)

## MEAT BALLS IN BURGUNDY SAUCE

1 1/2 pounds ground chuck	2 eggs
1 1/2 cups crushed cornflakes	1 1/2 cups light cream
2 small onions	2 1/2 teaspoons salt
1 1/2 teaspoons corn starch	
2 dashes of allspice	

Mince onions, beat eggs and mix well with all other ingredients. Shape into balls & brown in skillet or electric frying pan in cooking oil. When done remove from pan to chafing dish. In pan drippings make the follow sauce.

6 tablesppons flour	4 beef bouillon cubes
4 cups water	1/4 teaspoon pepper
2 cups Burgundy wine	3 tablespoons of sugar

Stir flour into pan drippings, as for gravy, then add water, wine & rest of ingredients. Cook until smooth. Pour over meat balls in chafing dish. Keep warm & serve with picks.

Mrs. Vernon Allen (Thelma)

## PIZZA CANAPÉS

2 loaves Party-rye bread	1 teaspoon oregano
1 pound ground chuck	1/2 teaspoon garlic powder
1 pound bulk sausage	1 pound Velveeta Cheese
1 teaspoon Basil	

Sauté ground chuck & sausage over medium heat until cooked crumbly. Drain off fat & add cheese & seasonings. Stir until well blended and cheese is melted. Spread on bread slices & put under broiler until hot & bubbly. Freezes well (spread on a cookie sheet & when frozen pack in bags).

"Nice to have on hand, and quite a party hit."

Rena Terrell Knott of New Bern

### A Possible Pearl

SIRS: Your great oyster recipes in the January, 1972, issue reminded me of a way I particularly enjoy preparing oysters. I hope you and your readers will add it to your prized collections.

#### *Pickled Oysters Blount*

Drain the liquor from 2 quarts shucked oysters into a saucepan. Bring the liquor to a boil and skim off the froth. Lower the heat, add the oysters to the liquor, and poach them until they are plump and curled around the edges. Remove the oysters with a slotted spoon and put them in sterilized jars. Strain the cooking juices through a colander lined with cheesecloth into a saucepan and add  $\frac{3}{4}$  cup white-wine vinegar, 2 tablespoons whole allspice, 9 cloves, 3 blades of mace or  $\frac{1}{4}$  teaspoon ground mace, and 1 dry hot red pepper, seeded. Simmer the mixture for 15 minutes and let it cool. Strain the mixture over the oysters and close the jars. Store the oysters in the refrigerator. Makes about 1 quart.

WILLIAM BLOUNT STEWART  
WASHINGTON, D. C.

*William Blount Stewart*  
*Gourmet Magazine*  
*September 1972*



## PICKLED OYSTERS

<i>1/2 gallon oysters</i>	<i>3 pods red pepper</i>
<i>2 tablespoons whole allspice</i>	<i>Salt to taste</i>
<i>2 tablespoons blade mace</i>	

Place oysters and spices over fire and bring to boil. Skim. Dip oysters from liquor and cover with vinegar. Let stand for a few minutes then add equal quantity of liquor with as many spices as possible. Serve very cold.

Mrs. Athy Taylor

## PICKLED OYSTERS

*From Washington Cook Book "Favorite Recipes"*

After stewing just until edges curl, drain off liquor and strain. Spread oysters on platter to cool. To 1 quart of liquor add 1/2 pint vinegar, 2 tablespoons whole allspice, 1 pod red pepper cut in rounds, blade of mace, salt to taste. Boil together and cool. When thoroughly cool add to oysters.

Mrs. John C. Rodman  
(Olzie Clark)

Original receipe of - Camilla Croom Rodman  
Mother of Dr. John C. Rodman

## DeLUXE SALTED PEANUTS

<i>1 pound raw peanuts in shell</i>	
<i>1 teaspoon salt</i>	<i>1 teaspoon butter</i>

Shell peanuts and scald with boiling water. Remove red skin and dry thoroughly (may take overnight). Put in shallow pan in 350° oven and keep shaking until browned. Do not overcook. Glaze peanuts in butter just enough so that salt will stick. Sprinkle on the salt.

Miss Helen Hill



### SEAFOOD ANTIPASTO

1 14 oz bottle catsup	1 medium onion sliced &
1/4 cup Worcestershire sauce	seperated into rings
1 teaspoon garlic powder	1 cup pitted ripe olives
1-4 1/2 can deveined shrimp	1 cup stuffed olives
washed & drained	1 cup cauliflower sections
1-3 oz can button mushrooms	1 box plain Ritz crackers
undrained	

Combine catsup, worcestershire sauce, garlic powder and remaining ingredients except cauliflower and crackers. Mix very gently to keep whole. Top with cauliflower sections. Simmer 1 hour. Cool. Refrigerate. Serve with crackers. Becomes better with age.

### OYSTER APPETIZER

1/2 pint oysters per person  
For 1 pint use 14 x 10 pan with sides  
Lay out flat in pan with only little juice  
Sprinkle with regular or garlic salt  
Crumble bleu cheese (1/2 or less of Kraft container)  
Tabasco sauce - one drop on each oyster  
2-3 pieces of bacon cut up in tiny strips - sprinkle over  
all  
Sprinkle black pepper

Broil 'til bacon is cooked.  
Optional: Sprinkle chopped onion before cooking.  
Serve with some of liquid from pan in deep oyster shells.

Dick & Becky Leach

### PICKLED SHRIMP

3 pounds shrimp	1/4 cup pickling spice
1/2 cup celery tops	6 or 8 bay leaves
4 teaspoons salt	1 tablespoon vinegar

Put all ingredients except shrimp in enough water to cover. Bring to a boil - add shrimp and bring back to a boil. Let stand in hot water 1 minute. Pour off hot water and let shrimp cool. Clean and devein. Put alternate layers of shrimp and sliced white onions in casserole. Mix the following sauce and pour over shrimp:

1 cup salad oil	2 teaspoons celery seed
1 cup white vinegar	Small bottle of capers &
2 teaspoons salt	juice
	Dash of tabasco

Let stand in refrigerator at least 24 hours before serving. Will keep, refrigerated, a week or more

Tillie Jackson

### SHRIMP DIP

1 pound cooked & deveined shrimp	
8 ounce package cream cheese	Juice of 1/2 lemon
3/4 cup mayonnaise	3 tablespoons catsup
Salt & red pepper to taste	1 small onion

Chop shrimp fine, grate onion, soften cream cheese. Combine with mayonnaise & catsup, salt & red pepper & blend well. Chill & serve with crackers.

Rena Terrell

### MUSHROOMS MARINATED

2/3 cup Wesson Oil  
3 Tablespoons lemon juice      4 Teaspoons seasoning salt  
2 Tablespoons Tarragon vinegar      1 Teaspoon sugar

Mix above for marinade - Open and drain 4 large cans button mushrooms and place in marinade for 4 hours or over night, refrigerated. Serve chilled with picks.

*"My friend, Ethel Kaminski of Georgetown, S. C. served these at a party and I thought they were delicious."*

Mrs. Vernon Allen (Thelma)

### MUSHROOMS STUFFED

1/2 pound mushrooms (medium sized)	Sour Cream
	Salt & pepper
1/2 medium sized onion	1 tablespoon flour

Saute partly chopped stems of mushrooms & chopped onion in butter for 10 minutes. Add chopped parsley, sour cream, flour, salt & pepper. Pile in caps and sprinkle with buttered bread crumbs. Bake 400° for 20 minutes.

Mrs. Garland Homes (Boo)

### PATE OF CHICKEN LIVERS

1/2 pound chicken livers	1 teaspoon dry mustard
1/2 cup butter softened	1/4 teaspoon nutmeg
1 teaspoon salt	1/8 teaspoon ground cloves
2 tablespoons grated onion	dash of cayenne

Anchovy paste the size of a pea.

Boil chicken livers for 20 minutes. Drain & mash thoroughly. Blend well with other ingredients until smooth. Pack into oiled mold or plastic bowl. Cover & refrigerate over night. Unmold, garnish with parsley & serve with crackers.

Mrs. Vernon Allen (Thelma)

### CUCUMBER DIP

1/2 cup very fine chopped Cucumber	1/2 teaspoon worcest-
1 pint sour cream	ershire
1 package onion salad dressing mix	4 slices bacon
2 tablespoons lemon juice	2 tablespoons chopped pimento

Cook Bacon until crisp and crumbles. Combine rest of ingredients & refrigerate at least 30 minutes before serving. Serve with potato chips or corn chips.

Verna Motteler

### CURRY DIP

1 cup Mayonnaise	1/2 teaspoon worcestershire
1 teaspoons curry powder	1/2 teaspoon tabasco
1 teaspoon lemon juice	1/4 cup chili sause
1 teaspoon grated onion	Salt & Pepper to taste

Combine ingredients & blend well. Place in bowl surrounded by raw vegetables.

Mrs. Lee Cooper (Athy)

### DIP FOR VEGETABLES

1 8 ounce package cream cheese	1 teaspoon worcestershire
1 small carton sour cream	1/2 teaspoon salt
1/2 cup hot catsup	1 teaspoon grated onion

Soften cream cheese & mix all ingredients. Blend well until creamy. Refrigerate until ready to serve as dip for raw carrots, celery, cauliflower, etc.

Mrs. Clark Rodman (Mavis)



## "DRUNK" CHICKEN

1 whole chicken breast	1 1/2 teaspoons salt
2 tablespoons sliced onion	1 cup dry white wine
2 tablespoons chopped candied ginger	

Put chicken in pot with the onions & ginger. Add water to cover and salt. Cook until done. Remove from pot & debone. Place in a bowl, pour the wine over it, cover & refrigerate several hours or overnight. To serve cut into cubes.

Mrs. Garland Homes (Boo)

## HOT SEA FOOD DIP

1 8 ounce package cream cheese	2 tablespoons milk
2 pounds shrimp, cooked & cut up	2 tablespoons lemon juice
1 pound crab meat	1 1/2 teaspoon lemon rind
1 tablespoon minced onion	1 teaspoon paprika
1 teaspoon horseradish	
2 tablesppons evaporated milk	
Dry Sherry or Vermouth to taste	

Soften cheese - add rest of ingredients - Heat & Serve with Melba toast.

*"We served this at a wedding reception in our new silver chafing dish"*

Mrs. Hal Wilson (Mary)

## FRESH MUSHROOM PATE

1/2 pound mushrooms	2 tablespoons butter
1 8 ounce package cream cheese	1/4 teaspoon garlic salt

Chop mushrooms coarsely & saute in butter until tender and liquid has evaporated. Put in food processor with cheese & salt & process until smooth. Put in oiled mold and refrigerate at least 3 hours. Serve, garnished with parsley & lemon slices and serve with Melba toast.

Elizabeth Tankard Holeman, Nashville

## HAM MOUSSE

4 cups ground ham	1/4 cup diced pimento
1 cup mayonnaise	2 cups Beef consomme'
1/2 pint whipping cream	1 teaspoon worcestershire
2 envelopes plain gelatin	

Soften gelatin in 1/2 cup consomme'. Heat 1 1/2 cups of consomme' & dissolve gelatin in it. Add worcestershire & chill until slightly thickened. Whip the cream & combine with the mayonnaise, pimento & ham. Fold into gelatin & put in oiled mold or loaf pan. Refrigerate several hours or overnight. To serve, unmold & garnish with parsley.

Mrs. Bernard Winfield (Barbara)

## MEAT BALLS WITH WATER CHESTNUTS

1 pound ground chuck	1 can water chestnuts
1 pound ground sausage	2 tablespoons soy sauce
5 slices white bread	1 teaspoon garlic salt
1 cup milk	1/2 teaspoon onion powder

Soak the 5 slices bread in the cup of milk & mix with ground chuck, sausage & seasonings. Drain water chestnuts & cut into quarters. Roll the meat mixture into tiny balls with the quarter of water chestnut inside. Bake at 350° on a cookie sheet for 18 to 20 minutes. Serve hot with picks.

Mrs. Vernon Allen (Thelma)

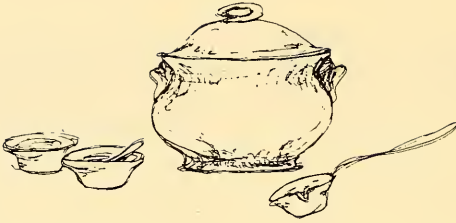
## SHRIMP OR CRAB SPREAD

1/2 pound shrimp, chopped or crabmeat	1/2 teaspoon worcestershire
8 ounce package cream cheese	1 tablespoon lemon juice
3/4 cup sour cream	1/4 cup each of finely chop- ped green pepper, celery and stuffed olives
1 tablespoon minced onion	2 drops tabasco
1/2 teaspoon salt	1/4 teaspoon dill weed

Soften cream cheese, combine with other ingredients and blend well. Serve as spread on cheese crackers or any kind.

Carlotta Mordecai

## SOUPS



*"This Bouillabaisse a noble dish is -  
a sort of soup, or broth, or brew."*

Shakespeare

### AUCTION BEAN SOUP

2 cups Navy or great northern beans  
1 ham bone with some meat left on it  
3 quarts water  
1/2 cup instant mashed potatoes  
3 onions, finely chopped  
1 whole bunch celery tops, chopped  
1/4 cup finely chopped parsley  
1 T. salt  
Freshly ground black pepper

Soak beans and hambone in three quarts of water, covering it. Next day, simmer beans (and ham bone) two hours in water in which they were soaked. At end of first hour add mashed potatoes. Stir in well. Then add, onions, celery tops, parsley, salt and pepper. Let simmer second hour. Take hambone from soup, remove meat from bone. Chop meat into slivers. Return to soup. Reheat Correct seasoning and serve. Yield 8 servings.

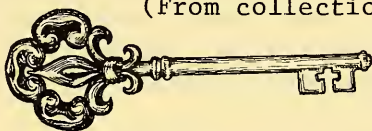
Mary Wilson

(Served this with purple onion rings, sour pickles and toasted french bread at ECW's Silent Auction)

## ANNIE PLUMMER NICHOLSON'S BEEF & VEGETABLE SOUP

2 pounds stew beef (pressure cook)  
To this add, in order named, 3 stalks celery, chopped,  
2 chopped medium onions  
5 chopped Irish potatoes  
3 cans tomatoes  
1 can butter beans (drained)  
1 package frozen okra  
2 cans cream style corn  
1/4 pod red pepper  
Salt, curry powder (1/2 tsp.) Sugar (1/2 tsp.)

(From collection Mildred McM. Rumley



Recipes often call for small amounts of tomato paste. Spoon the rest into a freezer container and freeze.

## "POT LIKKER"

"Pot likker" consists of the water in which any vegetable has been cooked with salt pork. However, in the South it is most frequently the water in which collards, turnip greens or other greens have been cooked. Remove greens when tender. The succulent soup that remains is "Pot Likker".

Mrs. Harry McMullan, Sr.  
(Mother of Mildred McM. Rumley )



An attractive menu should balance in flavor, color, texture and nutrition.



### SADIE FOWLES CLAM CHOWDER

1 can minced clams	1 tablespoon flour
1 cup cubed potatoes	4 strips bacon
3/4 cup minced onion	1 tablespoon butter
2 stems of celery, sliced	1 tablespoon bacon drippings

Cook bacon until crisp, remove from pan - pour off all but 1 tablespoon drippings. To this add one tablespoon of butter and stir in one tablespoon flour & stir to make cream sauce. Drain clams, reserving liquid. Set clams aside. Add to clam liquid enough water to make 2 cups. Boil the potatoes, onions & celery until tender. Add salt & pepper to taste. Add cream sauce & clams and heat through. Do not cook clams long or they will get tough. Crumble 2 strips cooked bacon over each serving.

### MILLIE WINFIELD'S CLAM CHOWDER

1 pint clams (fresh or frozen) Hand wash and look for shells  
4 slices bacon-cook with clams-grind or chop finely.  
1 large green pepper-chopped finely.  
1 large onion-chopped finely.  
2 cups corn  
3 cups white potatoes, cube very small  
2 teaspoons curry powder-more if you like.  
Salt and pepper to taste.

Put all ingredients in clam water and boil about 1 hour.  
It takes about 1 hour to cook clams.  
You can grind the clams and bacon either hot or cold.  
You can add more water and cook as long as you like.



If soups are too salty - add a few slices of potato. Boil a few minutes and remove.

### MANHATTAN CLAM CHOWDER FOR FOUR

<i>1 can minced clams</i>	<i>2 cups raw potatoes, diced</i>
<i>1 bottle clam juice</i>	<i>1 can tomatoes</i>
<i>3 slices bacon</i>	<i>1 cup water</i>
<i>2 medium onions, chopped</i>	<i>Salt &amp; pepper</i>

Cut bacon into small pieces, fry until crisp. Add chopped onions, fry until translucent. Add potatoes, 1 cup water & juice from tomatoes, salt and pepper. Simmer 30 minutes. Add tomatoes, chopped, clams & clam juice. Simmer 10 minutes. Check for seasoning. You may want to add a dash of tabasco.

Thelma Allen

### QUICK CLAM CHOWDER

*1 can cream of potato soup*  
*1 can minced clams*  
*1/2 small onion chopped*  
*1 tablespoon bacon drippings*

Prepare soup according to directions on can. Add other ingredients. Cook slowly until onion is done.

Grey Bowers

### HEARTY CORN CHOWDER

*1 #2 can cream style corn*  
*1 #2 can tomatoes*  
*1 small onion, minced*  
*2 tablespoons butter or oleo*  
*1/2 cup sharp cheddar cheese*  
*1 teaspoon sugar*

Combine all ingredients. Simmer until well blended and hot.

Mrs. W. A. Stringer(Barbara)

## SWEET POTATO SOUP

3/4 cups milk	2 Tablespoon chopped
1 onion, minced	fresh parsley
3 tablespoons butter	1 tablespoon flour
3 tomatoes, peeled, seeded, chopped small	1 quart beef stock
3/4 pound sweet potatoes (3 or 4) cooked, peeled, chopped	Salt & pepper to taste
	1/4 cup heavy cream

In skillet, saute' onion until soft. Add potatoes and parsley and simmer 5 minutes. Puree this with the milk. In saucepan, melt butter, stir in flour, cook 1 minute over low flame, add stock whisking vigorously. Cook until slightly thickened. Stir in puree and tomatoes. Simmer (covered) 20-30 minutes. Season to taste. Stir in cream. (If reheated, heat VERY slowly)

Judith Kidwell from Louise Lane

## CHICKEN GUMBO SOUP

Package frozen corn	Dask black pepper
Package frozen okra	Dillweed
1 can tomatoes	1 cup minute rice
1 onion	
1/2 green pepper	
Chicken (meat of 2 breasts)	
Celery - 2 stalks	
10 cubes chicken bouillon	
10 cups water	

Chicken is already cooked so heat everything except rice for about 30 minutes or until corn and okra are done. Add Minute rice about 30-45 minutes before serving. May add 1/2 - 1 cup V-8 juice.

Patti Campbell

## CORN SOUP WITH DANISH MEAT BALLS

### Soup

2 beef bouillon cubes	1 teaspoon salt
6 cups water	1 cup <u>each</u> carrots, onion
1 clove garlic minced	celery & potatoes cubed
or 1/4 tsp. garlic powder	2 #303 cans golden cream
	style corn

### Meat Balls

1/2 pound ground beef	1/4 teaspoon salt
1/4 pound ground smoked ham	1 tablespoon finely minced
1/4 cup fine cracker crumbs	parsley
1 egg	

Dissolve bouillon cubes in water in large kettle. Add all other soup ingredients and simmer 30 minutes. Combine all meat ball ingredients, and form into " balls. After soup has cooked 30 minutes, add meat balls and simmer 30 minutes. Add corn just before serving and re-heat until piping hot. Serve with rye bread, pumper-nickle or melba toast. This is a full meal soup.

Judy Kidwell  
(from Ruth Reed)

## CHICKEN CORN CHOWDER

1 can cream of potato soup  
1 can cream style corn  
1 - 5 ounce can boned chicken (or  
1 cup cooked chicken, diced)  
2 cups milk  
1 teaspoon chicken bouillon powder

In large saucepan combine all ingredients until well blended. Bring to boil over medium heat, stirring occasionally. Serves 4.

Thelma Allen

## CHARLESTON SHE-CRAB SOUP

1 tablespoon butter	1/2 teaspoon salt
1 teaspoon flour	Dash of Mace & white
3 cups milk & 1 cup half & half	pepper
1 teaspoon grated onion	2 cups crabmeat & roe
1 teaspoon worcestershire	(if no roe, sub: the
4 tablespoons dry sherry	grated yolks from
	2 hard boiled eggs)

Melt butter in Dutch oven & blend in flour to smooth. Add the milk and half & half, stirring constantly. Add all other ingredients, except sherry. Cook slowly until it almost boils - but do not boil. Remove from fire, add sherry and serve immediately - sprinkled with paprika. Serves 6. You may thicken with cracker crumbs.

Thelma Allen

## CREOLE SOUP

3 tablespoon chopped green pepper	1 pint tomatoes
2 tablespoon chopped onion	Salt & pepper
1/4 cup butter (or chicken fat or beef)	2 tablespoons horse- radish
2 tablespoon flour	1 teaspoon vinegar
1 quart stock (chicken or beef or other stock)	

Saute' green peppers and onion in butter for 5 minutes. Add flour, stock, tomatoes and simmer 15 minutes. Rub through sieve and season with salt and pepper. Just before serving, add horseradish and vinegar.

Mildred McM. Rumley



## LAMB-BARLEY SOUP

2 medium lamb shanks (about one lb. each)	1/2 cup medium barley
6 cups water	2 large carrots, sliced
1 teaspoon salt or taste	2 large ribs celery, chopped
2 sprigs parsley )	1 large onion, sliced
1 bay leaf )	Pepper to taste
1 large clove garlic ) tied in	
(crushed) ) cheese	
1/2 teaspoon thyme ) cloth	

In Dutch oven combine lamb shanks, water, salt, cheese-cloth bag, and barley. Bring to boil; reduce heat, cover and simmer for one hour. Discard the cheesecloth bag. Add carrots, celery and onion. Cover and simmer 45 minutes or until all is tender. Remove lamb shanks. Discard bones and cut meat in small pieces. Add to soup. Heat thoroughly. Add salt, pepper & thyme. If needed, add more to taste. Makes 4 servings.

Mrs. Robert Barker  
(Kaye Hollowell)

## MEAT BALL SOUP

### Meat Balls:

1 pound hamburger	1 tablespoon parsley
1 package onion soup mix	1 teaspoon salt
2 eggs	1/2 cup soft bread crumbs

Mix all ingredients together; form into 1/2 inch balls. Brown in small amount of fat. Drain well.

In large kettle bring 4 quarts chicken stock to simmer. Add meatballs and fresh kale chopped. (Could use other greens if kale not available such as escarole, or salad greens) Simmer 20 - 30 minutes, salt & pepper to taste.

Put 1/3 cup cooked rice in soup bowl. Ladle soup over this. Sprinkle with Parmesan cheese.

Judith Kidwell

## MUSHROOM AND ONION SOUP

Sprinkle juice of 1/2 lemon over 1 pound mushrooms, then chop finely, using off-on method of good processor. In same bowl, process 1/2 pound onions the same way. Melt 3 tablespoons butter in deep frying pan, add the mushroom-onion mixture and saute' a few minutes until soft. Add to this:

1/2 bay leaf	1 teaspoon salt
1/8 teaspoon dried thyme	1/8 teaspoon cayenne
1 teaspoon parsley	1 chicken bouillon cube

Pour in 1 quart of milk and 1 cup water, in which has been dissolved 1 heaping tablespoon cornstarch. Simmer for about 10 minutes, sprinkle with paprika. Serves 6.

Mildred McM. Rumley

## ONION SOUP

4 cups thinly sliced onions	2 1/2 cups water
1/2 cup butter	3 teaspoons salt
1/4 teaspoon pepper	5 rounds of toast
3 beef bouillon cubes	3 Tablespoons grated Parmesan cheese

Saute' onions in butter until brown and tender. Melt bouillon cubes in hot water and bring to boiling point. Put in onions, cover and let simmer one hour. Pour soup in soup cups, place toast on top and cover with grated cheese. Serves 4-6.

Blount Stewart  
(Mary-Clyde Hassell)

## OYSTER BISQUE

1 pint oysters	Sprig of parsley
4 cups milk	1/2 bay leaf
1 slice onion	1/2 cup butter
2 stalks celery	1/3 cup flour
Salt & pepper to taste	Dash of paprika

Drain and chop oysters finely. Heat to boiling point, rub through a coarse sieve. Scald milk with onion, parsley, celery and bay leaf. Melt butter and stir in flour. Strain milk mixture into the butter-flour mixture over low heat. Add slowly, stirring furiously to make mixture smooth. Add strained oysters, season and let come to a boil. Add a trifle of paprika. (Note: "A soup that is superlative!")

Mildred McM. Rumley

## SEA FOOD CHOWDER

3 Medium potatoes diced fine	1 can Mushroom soup
1/3 cup fresh minced onion	1 can celery soup
or 2 teaspoons instant minced onion	1 & 1/2 can whole grain corn
3 cups water	A little green pepper diced & sauteed in a little margarine

Cook potatoes and onion until tender. Add corn and soups. Cook 5 minutes stirring constantly. Remove from fire. Add thinly sliced scallops, shrimp or both. (Cooked fish may be added.) Cook another 5 minutes. Do not overcook. Season with Old Bay Seafood Seasoning to taste. Serves 6.

Hallene Cayton



"To mince parsley easily, bunch the leafy tops together and cut with scissors into a measuring cup."

## SPLIT PEA 'N' HAM SOUP

Soak 1 cup dried peas over night with water to cover  
(or boil 2 minutes, let stand 1 hour and then cook)

Add water to make 1 1/2 quarts:

Add

2 carrots, diced	2 stalks celery diced
2 potatoes, diced	1 bay leaf
2 onions, quartered	1 left over ham bone

Simmer 1 1/2 hours or until vegetables are tender. Remove ham bone, puree soup and vegetables in blender. Remove ham from bone, dice, add to soup. Reheat, season to taste, if desired, with a bit of ketchup and pepper. Garnish with carrot curl.

Sue Nicholson

## LENTIL SOUP

Prepare as for split pea soup, substituting lentils for peas and a small amount of hot sausage for ham.

After cooking, puree all in blender. Then add 1 chopped fresh tomato and a dash of worcestershire sauce.

Sue Nicholson

## TURNIP SOUP

2 medium onions diced (4 onions may be used)	6 cups water - add more if needed
4 medium potatoes diced	1/4 pound salt pork diced
4 medium turnips diced	

Fry salt pork until crisp. Add water, onions and potatoes. Cook until tender. Add turnips, cook only until tender. Do not overcook turnips. Very thin corn meal dumplings may be added with the turnips if desired. Season to taste. Serves 4.

Hallene Cayton

## CUCUMBER SOUP

Simmer 20 minutes:

1 large cucumber, peeled & sliced	1 teaspoon salt
4 large green onions, sliced	1/4 teaspoon pepper
1/2 cup water	

Remove from heat, add

1/2 cup mashed potatoes (may use Instant Buds mixed)

Puree in blender -

add

1 cup chicken broth

1/2 cup milk or cream

Parsley

Serve chilled. Serves 3 or 4.

Barbara Holmes

(by J. Kidwell)

## CREAM OF AVOCADO SOUP

1 ripe avocado	Salt and pepper to taste
1 1/2 cups chicken broth	Dash cayenne pepper
3 tablespoons lemon juice	4 thin slices lemon
1 cup light cream	

Peel avocado; remove stone; cut pulp into fairly small pieces; place in blender. Add chicken broth and lemon juice; blend until pureed. Add cream, salt, pepper and cayenne pepper. Stir well. Chill several hours. Garnish each serving with a lemon slice. Makes four servings.

Judy Kidwell



### SNAFFLE'S MOUSSE

(From the well known restaurant in Dublin, Ireland,  
"Snaffle's" )

4 ounces cream cheese  
15 1/2 ounces consommé  
2 teaspoons lemon juice  
3/4 teaspoons curry powder

Liquidize everything in blender and refrigerate for several hours. Serve in soup bowl and garnish with a dash of red pepper, (optional) and chopped fresh parsley.

Mildred McM. Rumley

### GAZPACHO

1 cup finely chopped, peeled tomatoes  
1/2 cup finely chopped celery  
1/2 cup finely chopped cucumber  
1/2 cup finely chopped green pepper  
1/3 cup finely chopped green onion  
2 teaspoons snipped parsley

1 1/2 cup beef bouillon  
1 small garlic bud, minced  
2 or 3 tablespoons wine vinegar  
2 tablespoons olive or salad oil  
1 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/2 teaspoon worcestershire sauce

Combine all ingredients. Store in glass jars. Refrigerate at least 4 hours before serving. 6 servings.

Mrs. W. A. Stringer (Barbara)

## CHILLED ZUCCHINI BISQUE

*Simmer 20 minutes, covered:*

- 2 - 10 1/2 oz. cans chicken broth*
- 1 cup water*
- 2 thinly sliced zucchini*
- 1/4 cup chopped green onions*
- 3 Tablespoons rice*
- 1 Tablespoon curry powder (or less)*
- 1/2 teaspoon dry mustard*

Remove from heat, puree in blender. Cover and chill.  
Before serving stir in 1 1/2 cup milk.

Barbara Holmes  
(by J. Kidwell)

## VICHYSOISSE

- 1 1/2 cups chopped onion*
- 3 cups peeled, thinly sliced potatoes*
- 3 cups chick broth (I make mine: 1 teaspoon instant  
bouillon to each cup water)*
- 3 Tablespoons oleo*
- 2 cups light cream (half & half)*
- 1 teaspoon salt & a few shakes white pepper)*

Cook onions and potatoes in chicken broth about 40 minutes. Put through a Foley Food Mill or potato ricer. If you don't have either, beat with electric beater until free of lumps. Add half & half, oleo, salt and white pepper and reheat in double boiler, or heavy saucepan on low heat, stirring often, until flavors are blended. Refrigerate and serve thoroughly chilled with a sprinkle of chopped fresh parsley.

Thelma Allen

### BARBIE'S 1ST COURSE SOUP

1 pint chicken broth                      1 quart tomato juice  
1 pint beef broth

Combine above, add spices tied in cheese cloth.

1 stick cinnamon                      Bay leaf  
1 teaspoon whole cloves              1 teaspoon celery seed  
1/2 teaspoon all spice

Heat to piping hot. Serve in demitasse cups, small mugs etc. before luncheon for ex.

Judith Kidwell

### COLD SHRIMP SOUP

1 1/2 lbs. shrimp, cooked and chopped  
1/2 medium cucumber, remove any heavy seeds and dice finely.  
1/3 tablespoon dill weed  
1 tablespoon prepared mustard      1 teaspoon sugar  
1 teaspoon salt                      1 quart buttermilk

Mix together shrimp, cucumber and seasonings. Stir in buttermilk and chill thoroughly. Serves 6.

Mildred McM. Rumley

### PEANUT BOUILLON 'PICKER-UPPER'

3 cups chicken broth                      1 clove garlic, minced  
1/3 cup creamy peanut butter          1/2 bay leaf  
1 small onion, finely chopped          dash of tabasco  
1 stalk celery, finely chopped          1/2 teaspoon Soy sauce

In a saucepan, gradually blend the broth into the peanut butter. Add other ingredients and simmer, stirring occasionally, until vegetables are soft and flavors blended - about 45 minutes. Remove bay leaf - serve in mugs.

Judith Kidwell

## OYSTER STEW

1 quart oysters	1/2 teaspoon pepper
1 quart milk & 1 cup half & half	1 cup finely chopped celery
1/2 stick butter or oleo	1 cup oyster crackers, crumbled
1 teaspoon salt	

Saute' celery in heavy pot or Dutch oven until tender. Add other ingredients except oysters. These you put in another pot and heat while milk etc is heating. When oysters begin to curl, add them to the hot milk mixture and serve at once. Do not allow to boil, if you do it will curdle. You may add a dash of mace. Serves 6.

Mrs. Vernon Allen (Thelma)

## QUICK DELICIOUS SHRIMP SOUP

2 packages Knorr's Leek Soup  
1 pound cooked ground shrimp (Blender)

Prepare soup according to package directions. Add shrimp. (Decrease amount of water if you prefer a thicker soup) Decrease amount of water and use for recipes calling for Frozen Shrimp Soup.

Grey Bowers

## SALADS



### ASPARAGUS SALAD

1 can cut asparagus  
1 cup chopped celery  
1 cup cold water  
Juice of 1 lemon

1 cup chopped nuts  
1 small can pimientos  
1/2 cup vinegar  
3/4 cup sugar  
1 1/2 envelopes Knox  
gelatin

Heat vinegar, sugar, salt water and lemon juice. Set aside. In another bowl dissolve gelatin and then add to heated solution. Place asparagus, celery, nuts, and pimento in flat casserole dish. Pour mixture on top and put in refrigerator. Cut into squares to serve.

Louise Satterthwaite  
Mrs. Graham Ramsey (Bobbie)



"Lettuce is like conversation: it must be fresh and crisp, so sparkling that you scarcely notice the bitter in it" - C.D. Warner



### CREAMY ASPARAGUS SALAD

2 envelopes plain gelatin	3 tablespoons sugar
1 cup water	Dash of Tabasco
2 cans cream of asparagus soup	1/2 cup finely chopped celery
1 - 8 ounce package cream cheese, softened	2 tablespoons minced onion
1/4 cup lime juice	Few drops green food coloring

Sprinkle gelatin over 1 cup water in medium sized sauce pan and heat 'til dissolved. Add soup and blend. Beat cream cheese and lime juice until fluffy. Add sugar and tabasco and green coloring. Let cool and add celery and onion. Refrigerate 4 hours or overnight in molds or in a flat dish to be cut into squares. 8 servings.

Mrs. Vernon Allen (Thelma)

### AVOCADO SALAD

1 package lime jello	3/4 cup mayonnaise
1/2 cup whipped cream	2 tablespoons lemon juice
1/4 teaspoon salt	3 small or 2 large avocados
1 small can crushed pineapple	1 3 ounce cream cheese

Dissolve jello in cup of hot water. Add lemon juice, let cool, then add mayonnaise and salt. When it begins to congeal, add mashed avocados, pineapple, whipped cream and cheese broken into lumps. Serves 8.

Mrs. Frank Anderson, Ft. Worth  
Texas (By: Phoebe Squires)



To crisp celery that has wilted, place in a pan of cold water and add a slice of raw potato. Let stand a few hours.

## AVOCADO AND PINEAPPLE SALAD

2 packages lime jello	1 8 1/2 oz. can crushed
3/4 cup mayonnaise	pineapple (drained)
1 large ripe avocado	1 cup chopped nuts
1 cup sour cream	

Mix jello according to package directions, using pineapple juice as part of liquid. Chill until syrupy. Fold in mayonnaise, cream, pineapple, mashed avocado and nuts. Pour into molds and chill until firm. Serves 12.

Louise Whitford

## BEAN SALAD

1 can green cut beans	1 can wax beans
1 can kidney beans	1 can chick peas or white limas

Open cans and drain beans. Put in large bowl and add dressing. Refrigerate 24 hours before serving to improve flavor.

### Dressing:

1/2 cup salad oil	1 large or 2 small red
3/4 cup sugar	onions sliced
salt and pepper	1 teaspoon worchestershire
1/2 cup vinegar	1 large green pepper chopped

Guelda D. Raeburn

## BEEF SALAD

1 1/2 cups diced canned beets	2 cups chopped celery
2 packages lemon jello	1 1/4 cups beet juice
3 1/2 tablespoons vinegar	3/4 tablespoon salt
3 tablespoons grated onion	1 1/2 tablespoon horseradish

Add hot beet juice to lemon jello. Add other ingredients and put into molds. Serves 8.

Erin Tayloe

## BROCCOLI BAVARIAN SALAD

(From Margaret Dillard of Pawleys Island)

1 envelope plus 1 tsp. gelatin	1/4 cup cold water
1 cup beef consomme'	1 pkg. frozen chopped broccoli
3/4 cup mayonnaise	
1/4 teaspoon salt	2 eggs
1 teaspoon lemon juice	1/8 teaspoon black pepper
	Dash of tabasco

Boil the eggs, peel and chop. Cook the broccoli according to package directions. Drain and set aside. Soak gelatin in the cold water and heat the beef consomme'. Pour over gelatin and stir until dissolved. Add mayonnaise, salt, lemon juice, black pepper and tabasco. Use a wire whip to blend; then add cooked broccoli and chopped hard boiled egg. Pour into molds and chill until firm.

Thelma Allen

## CHICKEN SALAD

2 cups cooked, diced chicken  
(1 fryer)  
3/4 to 1/2 cup finely diced Celery

Mix together:

3 Tablespoons Hellman's Mayonnaise  
1 tablespoon Durkee's dressing  
1 teaspoon chow-chow or sweet pickle relish  
1/2 teaspoon salt  
1/4 teaspoon onion powder  
2 or 3 dashes red pepper  
juice of 1/2 lemon

Mix all together - correct seasonings, refrigerate.

Mildred McM. Rumley

### TAR HEEL'S FAMOUS CHICKEN SALAD

2 cups coarsely chopped chicken	1/4 cup blanched, toasted
1 cup finely diced celery	slivered almonds
1/2 cup chopped stuffed olives	Salt & white pepper
2 tablespoons Durkee's Dressing	Mayonnaise to moisten

Mrs. Ronald H. Cutler (Hannah)

### CONGEALED VEGETABLE SALAD #1

1 pkg. lemon or lime jello	3/4 teaspoon salt
1 cup boiling water	2 teaspoons grated onion
3/4 cup cold water	3/4 cup drained English peas
2 tablespoons vinegar	1/2 cup finely chopped
3/4 teaspoon salt	celery
Dash of tabasco	1/2 cup finely chopped
	cabbage

Dissolve Jello and salt in boiling water. Add cold water, vinegar, grated onion and tabasco. Chill until it begins to thicken. Fold in the vegetables. Spoon into individual molds and chill until firm. Serve on lettuce with mayonnaise. Serves 6.

Mrs. Frank Jacocks (Helen)

### BLOODY MARY ASPIC

1 quart Clamato juice	1/2 ounce lemon juice
3/4 ounce Worcestershire	1 tablespoon salt
1/2 tablespoon pepper	3 dashes Texas Pete
1 tablespoon celery seed	2 packages plain gelatin
	1/2 cup water

Heat all ingredients except gelatin and water. Bring ingredients to boil. Dissolve gelatin in 1/2 cup water and add to heated mixture. Pour into molds. Serves 6.

Mrs. Jarl Bowers (Grey)

### BLUEBERRY SALAD

2 large cans blueberries	4 small pkgs. lemon jello
1 large can crushed pineapple	4 cups pineapple juice
2 bananas	1 cup pecans
1 pint whipping cream	

Drain blue berries and crushed pineapple. Add to these juices 2 cups pineapple juice. Heat and dissolve the Jello. Add the rest of pineapple juice and put in refrigerator. When it begins to congeal add the blueberries, pineapple, mashed bananas and nuts. Whip cream and fold in. Put in flat casserole and refrigerate until serving time. Cut into squares. Serves 12.

Mrs. Harvey Franz (Marilyn)

### GREEN PEA SALAD

1 can tiny peas drained	1/2 cup chopped peanuts
1/2 cup diced celery	Enough salad dressing to Moisten.

Combine ingredients. Chill and serve on lettuce cups.  
"Best if made with a slightly tart homemade dressing.

Mrs. Robt. Kidwell (Judith)



## CHINESE SLAW

1 large can French style green beans	1 can water chestnuts
1 large can English Peas	1 large can mushrooms
1 large can Chinese vegetables	1 or 2 pimentoes cut in strips
1 1/2 cups chopped celery	1 onion sliced
3/4 cup sugar	3/4 cup vinegar
Salt & red pepper to taste	

Drain beans, peas, Chinese vegetables & mushrooms and place in large bowl. Drain and slice water chestnuts and add. Cut onion slices in two and add, with pimento strips and celery to other vegetables in bowl.

Mix sugar, vinegar, salt and red pepper and bring to boil. Pour this over vegetables and marinate. Refrigerate for at least 24 hours. Will keep 3 weeks in refrigerator. Serves 12.

Jeannette Bachman, Henderson  
(Submitted by Mary McLaurin)

## PICKLED CABBAGE SALAD

1 large white cabbage	3 or 4 green Bell peppers
3 medium size carrots	3 Medium size onions

Cut above as for slaw. Place all together in bowl, add one teaspoon salt. Let stand one hour then drain.

Make syrup of 2 cups sugar  
1 cup vinegar  
1/4 cup water

Heat slowly to boiling point. Boil syrup one minute. Let cool and pour over cabbage mixture.

OPTIONAL: one teaspoon Mustard seed  
one teaspoon celery seed

Can be frozen and refrozen.

(From the kitchen of Thelma Hodge of Danville, Pennsylvania)

### CHICKEN MOUSSE #1

5 pound chicken	1 bay leaf
2 cups chopped celery	1 onion sliced
1 carrot sliced	1 1/2 teaspoon salt

Simmer chicken in water to cover. Remove when done, strain stock and save. Cut chicken into cubes.

2 tablespoons gelatin  
1/2 cup cold stock  
1 1/2 cups boiling stock

Soften gelatin in cold stock. Pour into boiling stock, let partially congeal.

1 cup heavy cream whipped	2 cups slivered almonds*
1 pint mayonnaise	Taste for salt
2 cups chopped celery	* optional

Fold in whipped cream. Add chicken, celery and almonds. Chill. Serves 8 to 10.

Mrs. Edwin Rodes, Novasota, Texas  
(submitted by Phoebe Squires)

### HAM OR CHICKEN SALAD

1 - 3 ounce cream cheese	4 or 5 tablespoons mayon-
1 can chicken Gumbo soup heated	naise
1 cup chicken or ham ground	1 package gelatin
3/4 cup celery	small onion

Dissolve gelatin in 1/4 cup water. Add to heated soup. Add cheese, mayonnaise and other cut up ingredients. When cool add ground chicken or ham. Serves 6.

Helen Jacocks

## ZESTY SPINACH SALAD

1 egg, slightly beaten	1 teaspoon sugar
1/4 cup vegetable oil	1 teaspoon worcestershire sauce
Juice of 1 lemon	
1 tablespoon grated Parmesan Cheese	1/2 teaspoon salt
	Dash of pepper
2 tablespoons Dijon mustard	

Combine first 9 ingredients in a jar; shake well to blend. Chill thoroughly.

1 1/4 pounds fresh spinach	6 slices bacon, cooked and crumbled (bacon bits can be used)
1/4 pound fresh mushrooms	
2 hard cooked eggs, chopped	

Remove stems and wash spinach, thoroughly, pat dry. Tear into bite size pieces. Quickly rinse mushrooms in cold water, pat dry and slice thin. Combine spinach and mushrooms in large bowl, cover and chill. Toss spinach mixture with chilled dressing until well coated, garnish with bacon and hard cooked eggs. Approximately 6 servings.

Margaret Brewbaker

## CHICKEN MOUSSE #2

3 cups chicken broth	2 cups finely diced chicken
2 packages (6 oz) Lemon Jello	3 tablespoons vinegar
1 teaspoon salt	1 1/3 cups prepared Dream Whip topping mix
1/8 teaspoon cayenne	
2/3 cup mayonnaise	2 cups chopped celery

Bring 2 cups of broth to a boil. Pour over gelatin, salt and cayenne, stirring until gelatin is dissolved. Add remaining broth and vinegar. Chill until slightly thickened. Meanwhile blend together whipped topping & mayonnaise. Fold in chicken, celery and pimento and chill. Fold thickened gelatin into chicken mixture, blending well. Spoon into a 9 x 5 inch loaf pan. Chill until firm - at least 6 hours or overnight. Unmold. Serve on crisp lettuce with additional mayonnaise and stuffed olives. Makes 6 entree salads.

Helen Jacocks

### CRANBERRY SALAD #1

<i>1 pound cranberries</i>	<i>1 orange (seeded &amp; ground)</i>
<i>1 small can crushed pineapple</i>	<i>2 cups of hot water</i>
<i>2 cups sugar</i>	<i>1 cup of chopped nuts</i>
<i>3 packages of lemon jello</i>	
<i>Juice of 2 lemons</i>	
<i>Juice of 1 orange</i>	

Grind up raw cranberries and one orange. Add sugar and let stand for 1/2 hour or until dissolved. Dissolve 3 packages of lemon jello in 2 scant cups of hot water. Stir in pineapple, nuts, lemon juice and juice of one orange to mixture. Stir and pour into molds. Makes at least 18 molds.

Sue Blount

### RAW CRANBERRY SALAD

<i>2 small lemon gelatins</i>	<i>1 pint boiling water</i>
<i>3 cups cranberries</i>	<i>1 cup sugar</i>
<i>1 small orange</i>	<i>1 cup cold water</i>
<i>1 cup chopped apples</i>	<i>1/8 teaspoon salt</i>

Dissolve gelatin in boiling water and add cold water. Grind cranberries and orange in food mill. Add sugar to fruit mixture. Add chopped apples. Combine gelatin with fruit ingredients and chill until firm. Unmold on lettuce and top with dressing. Good with cream cheese dressing.

Hallene Cayton

## CRANBERRY SALAD #2

1 lb can whole cranberry sauce	2 cups applesauce
1 family size pkg. orange jello	1 1/2 cups liquid (including pineapple juice)
1 tablespoon plain gelatin	
1/4 cup water	1/4 cup sugar
1 large can crushed pineapple	2 tablespoons freshly grated orange rind
3 cups finely chopped celery	

Soak gelatin in 1/4 cup cold water in large bowl. Drain pineapple well and add that juice to enough water to make 1 1/2 cups liquid and bring to a boil. Put the orange jello on top of the soaked gelatin and pour boiling liquid over both. Stir until dissolved. Add cranberry sauce while liquid is still warm so it will dissolve and blend well. Cool and add other ingredients. Stir well; spoon into individual molds or pour into large casserole (to be cut in squares). Let congeal for 4 hours or overnight. Good with turkey and chicken. My favorite for the holidays! Serves 12.

Thelma Allen

## JELLIED CRANBERRY SALAD #3

1 cup cranberry jelled	3/4 cup chopped celery
1 cup ginger ale	1 tablespoon lemon juice
1 cup crushed pineapple	1 package lemon jello &
1/4 cup chopped nuts	1/2 package Knox gelatin

Heat cranberry sauce and dissolve lemon jello. When cool, add other ingredients (watch carefully when heating cranberry sauce as it burns easily. Serves 8.

Helen Jacocks

## JELLIED PEACH-APRICOT SALAD

1 - 3 oz. package peach jello	1 - 12 ounce can Apricot Nectar
1 - 3 oz. package apricot jello	
1 1/2 cups boiling water	

Mix together. If desired, quarter slices or pieces of Bartlett pears may be added.

Ann Chinn (By: Lalla Bragaw)



### FROZEN MINT SALAD

1 small pkg. lime jello	1 pkg. Kraft cream mints-
1 cup hot water	crushed fine
3 ice cubes	8-12 chopped red maras-
1 medium can crushed pine-	chino cherries
apple in own juice	1/2 cup small marshmallows
Small carton cool whip	

Dissolve jello in cup hot water. Add ice cubes. Stir to melt. Add pineapple, Chill till thick. Add mints, marshmallows, cherries and cool whip. Put in freezer.

Sue Graves

### EMILY'S FROZEN FRUIT SALAD

1 - 8 ounce pkg. cream cheese	25 large marshmallows
1 cup mayonnaise	1 #2 can crushed pineapple
1 cup whipped cream	1 pkg. frozen strawberries
1 1/2 cups chopped pecans	1 cup whipped cream

Thaw strawberries. Drain crushed pineapple and heat juice. Thaw marshmallows in hot juice. Soften cream cheese, mix with mayonnaise and whipped cream. Fold in marshmallows, crushed pineapple, strawberries and crushed pineapple, and pecans. Pour in trays and freeze. Serves 8 to 10.

Mrs. John T. Campbell (Sarah)

### GARDEN CLUB SALAD

2 pkgs. 3 oz cream cheese	1 1/2 cups in all of diced
1 can tomato soup	celery, green pepper,
2 pkgs. lemon jello	cucumber
1/2 can water	1 cup salad dressing
2 teaspoons vinegar	Dash of salt & pepper

Combine soup, water, vinegar, and heat. Melt cream cheese in mixture, add jello and cool. When cool, add remaining ingredients. Last fold in salad dressing. Chill until firm.

RUTH TYER

## FRUIT SALAD WITH DATES

4 medium delicious apples	1/2 pint heavy cream
6 bananas, sliced	1/2 cup sugar
2 cups miniature marshmallows	2 cups chopped peanuts
2 cups chopped dates	

Wash and pare apples; cut into small pieces. Add bananas, marshmallows and dates. Whip cream with sugar, add to salad. Refrigerate for 2 hours. Serve on lettuce, top with peanuts. 6 servings.

Helen Jacocks

## CZECH POTATO SALAD

4 pounds potatoes	2 cups mayonnaise
2 medium carrots	1/8 teaspoon white pepper
2 hard boiled eggs, chopped	1 tablespoon sugar
1 cup cooked green peas	2 tablespoon salad oil
2/3 cup diced cooked ham	1/2 cup diced onion
2/3 cup diced dill pickle	1/2 cup chopped celery
3 tablespoons dill pickle juice	1/4 cup minced parsley
3 tablespoons cedar vinegar	

Boil potatoes and carrots, unpeeled, in salted water until tender. Peel, cube potatoes and slice carrots and put in large bowl. Add chopped eggs, ham, peas, onion, pickles, celery and parsley. Mix pickle juice, vinegar, mayonnaise, pepper, sugar and salad oil, pour over all and toss lightly but thoroughly. Taste and add salt if necessary. Serves 12.



Thelma Allen

Perfect Hard-boiled eggs

For perfect hard-boiled eggs, use heavy pan with tight fitting lid. Put eggs in cold water and bring to boil. With lid tightly on, turn off burner and let eggs stand 25 minutes. Rinse in cold water and rattle around in pan briskly enough to crack shells. Peel immediately.

### GRAPEFRUIT SALAD #1

2 oranges	5 envelopes gelatin
3 large grapefruit	1 cup cold water
Juice of 2 lemons	1 cup boiling water
4 tablespoons sugar	Salt to taste & dash or
1 6 oz. can crushed pineapple	2 of cayenne

Halve grapefruit and oranges and spoon out sections. Soak gelatin in cold water and dissolve in boiling water. Add sugar, salt and cayenne and let cool awhile before adding rest of ingredients. This is a good stiff salad that wont melt when taken to a covered dish supper. Makes 20 individual molds.

Mrs. A. W. Bachman  
(Submitted by Mary McLaurin)

### GRAPEFRUIT SALAD #2

2 large grapefruit  
2 3 ounce pkgs. lemon jello  
3/4 cup boiling water

Step 1 - Scoop out grapefruit pulp and juice, cleaning shells well. Dissolve jello in boiling water. Add pulp and juice and fill grapefruit shells. Put on a tray and chill until firm. Slice each half in two for 8 servings.

Step 2 - 1/4 cup sugar	4 large marshmallows
1 tablespoon flour	1/3 cup chopped nuts
1 egg yolk	2/3 cup whipped cream
Juice of lemon	1/3 cup pineapple juice

Beat egg yolk and combine with sugar, flour, lemon and pineapple juice and cook in top of double boiler until thickened. Remove from heat and add marshmallows, stirring until melted. Cool then add nuts and fold in whipped cream. Spoon this dressing over grapefruit quarters. Serve on lettuce.

Mrs. N. Henry Moore, Jr.  
(Florette)

## CONGEALED VEGETABLE SALAD #2

2 envelopes plain gelatin	1 teaspoon salt
1/4 cup cold water	1/4 cup vinegar
1 cup boiling water	1 medium onion grated
2 tablespoons lemon juice	1/4 green pepper, chopped
1/4 cup sugar	1 cup mayonnaise

(2 cups chopped vegetables, celery, carrots, etc.  
3/4 cups chopped nuts (optional))

Soak gelatin in cold water and dissolve in hot. Add lemon juice, sugar and salt. Stir until sugar and salt are dissolved. Add vinegar and let cool before adding other ingredients and vegetables. Serves 8.

Mrs. Evelyn Glenn

## CURRY EGG ASPIC

2 envelopes plain gelatin	1 tablespoon Curry Powder
1/4 cup cold water	1 1/2 cups Hellman's Mayon- naise
2 cups chicken broth	3 hard boiled eggs, grated

Soak gelatin in cold water in large bowl. Bring broth and Curry powder to a boil and pour over gelatin. Add mayonnaise, using wire whip or beater to blend it in. Add grated eggs and pour into mold or molds. It's nice in a ring mold filled with chicken or shrimp salad. Fills 10 individual molds. "From Mrs. A. M. Dillard (Margaret)  
Pawley's Island, S. C."

Mrs. Vernon Allen (Thelma)

## HEARTS OF LETTUCE WITH ROSE PETALS

2 hearts of Bibb lettuce	
1 sweet smelling red or pink rose	
1 lemon	(Do not stir until
3 tablespoons oil	time to serve)

Wash and dry lettuce carefully, separating green leaves. Detach the rose petals - wash and dry them carefully and quickly. Sprinkle rose petals over the lettuce leaves and season with a dressing of oil, lemon juice, salt & pepper. Do not stir until time to serve.

Mildred McM. Rumley

### MACY'S TOMATO ASPIC

1 cup tomato juice	1 (8 oz) can tomato sauce
1 tablespoon or 1 envelope plain gelatin	1 teaspoon grated onion
1/4 cup cold water	1 tablespoon sugar

Soak gelatin in water for 5 minutes, dissolving over boiling water. Add other ingredients. Pour into mold or molds.

Mrs. Irwin Hulbert, Jr.(Frances)

### LIME JELLO SALAD

1 3 ounce pkg. lime jello	2 tablespoons mayonnaise
1 1/2 cups boiling water	Pinch of salt
1 8 ounce pkg. cream cheese	1 cup chopped celery
1/2 cup chopped nuts	

Dissolve jello in boiling water - add softened cream cheese and mayonnaise and beat to blend. Chill until it begins to set, then fold in celery and nuts. Spoon into molds and refrigerate. Serves 6.

Linda Seale

### RASPBERRY APPLESAUCE SALAD

2 cups applesauce	3 tablespoons orange juice
1 3 ounce pkg. Raspberry jello	1 teaspoon grated orange rind
1 - 7 ounce bottle lemon-lime carbonated beverage	

Place applesauce in sauce pan and heat over low heat, stirring until it comes to a boil. Add raspberry jello and stir until dissolved. Add orange juice and grated orange rind and lemon-lime beverage. Mix well. Spoon into molds and chill until firm. Serves 6.

Ruth Tyer



## OVERNIGHT COLESLAW

2 1/2 cup shredded green cabbage (1 medium head)	1 tablespoon sugar 1 teaspoon celery seeds
2 1/2 cups shredded red cabbage (1 medium head)	1/2 teaspoon onion salt 1/2 teaspoon salt
1 medium size green pepper chopped	1/2 teaspoon pepper
1/2 cup vegetable oil	
1/4 cup white wine	

Combine cabbage and green pepper in a large mixing bowl. Combine remaining ingredients in a jar, screw lid tightly and shake well. Pour dressing over cabbage mixture stirring well. Chill overnight. Will keep for weeks in refrigerator. (Note: 3/4 cup celery may be substituted for celery seeds and celery salt.)

Margaret Brewbaker

## SEAFOAM SALAD

1 16 oz. can pears	1 3 oz. pkg. lime jello
1 3 oz. cream cheese	1 8 oz. cool whip

Drain pears and warm juice, mash pears and set aside. Add enough water to juice to make one cup liquid. Heat and add jello, stirring until dissolved. Beat cream cheese until smooth. Add pears and cool whip. Fold into gelatin. Chill until firm. Very good sprinkled with nuts and coconut.

Verna Motteler

## SOUR CREAM POTATO SALAD

8 medium potatoes	1 teaspoon celery seed
1 1/2 cups mayonnaise	1 tablespoon minced parsley
1 cup sour cream	1 1/2 teaspoon salt
1 1/2 teaspoon horseradish	2 medium onions-chopped

Boil unpeeled potatoes in water in which 2 teaspoons salt has been added. Cook until just tender. Peel and slice thinly as for scalloped potatoes. Mix mayonnaise, sour cream, horseradish, celery seed, salt and onions. In large serving dish arrange layer of sliced potatoes, topped with layer of dressing. Repeat layers, ending with dressing. Sprinkle with parsley. Cover and let stand 8 hours. Serves 8.

Lee Bloeser

### MARINATED VEGETABLE SALAD #1

3/4 cup vinegar	1 16 oz. can French style
1/4 cup salad oil	Green beans
1 teaspoon salt	1 17 oz. can small peas
1 cup sugar	1 12 oz. can whole kernal corn
1 tablespoon water	1 2 oz. jar chopped pimento
1 teaspoon pepper	1 cup celery, chopped
	1 green pepper, chopped
	1 bunch green onions chopped

Combine first 6 ingredients in saucepan and bring to boil, stirring to dissolve sugar. Drain vegetables and place in covered container with the mixture poured over them. Refrigerate 12 hours. Stir or turn several times. Serves 8 to 10.

Margaret Brewbaker

### MARINATED VEGETABLE SALAD #2

1 - 10 ounce can chicken broth	2 small zuchinni sliced
4 medium carrots, sliced	1 cup sliced mushrooms
2 cups cauliflower flowerets	1/4 cup wine vinegar
Broccoli (optional)	1 6 oz. pkg. Italian dressing mix

In medium saucepan bring broth to boil. Add carrots and simmer 2 minutes. Remove from heat and cool in bowl or plastic container. Add all the other ingredients, stir so that all vegetables are covered and chill 4 hours or more. Serves 8.

Mrs. Clark Rodman (Mavis)

### RED CABBAGE SALAD

Grated red cabbage - 1/2 medium head  
2 grated carrots  
1/2 cup raisins

Combine and add mayonnaise or salad dressing with honey to your taste. (This recipe was given to me by a young Indian girl - dressed in a sari - in a super market in Delaware).

Mrs. Robert Kidwell (Judy)

## SHRIMP AND MACARONI SALAD

1 1/2 tablespoons lemon juice	1/2 cup diced tomato
1 tablespoon vegetable oil	1/4 cup chopped stuffed olive
1 cup elbow macaroni, cooked	2 tablespoons sour cream
1 1/2 cup diced cooked shrimp	1/2 teaspoon salt
2 hard cooked eggs, chopped	1/4 cup mayonnaise
2 tablespoons chopped green pepper	
1 teaspoon chopped onion	

Mix lemon juice and vegetable oil; combine with macaroni. Chill for several hours, stirring occasionally. Fold in shrimp, eggs, green pepper, onion, celery, tomato and olives. Blend sour cream, salt and mayonnaise; fold into macaroni mixture. Arrange on mixed crisp salad greens. 4 - 6 servings. Delicious.

Helen Jacocks

## TACO BEAN SALAD

1 large and 1 regular Ranch style beans (drained), Can use pinto beans any brand

French dressing	1/2 pound cheddar cheese
1/2 head lettuce, shredded	(1/2 mild & 1/2 sharp)
1 small onion chopped	grated
2 small tomatoes, chopped	1 large bag Fritos

Marinate drained beans overnight in enough French dressing to thoroughly mix beans. In bottom of casserole place half of shredded lettuce with tomatoes. Cover with half of beans, layer of onion, cheese (1/2). Repeat with remaining ingredients. Crush fritos in bag and cover top of salad just before serving. Serve from bottom up to use all ingredients.

Marilyn Franz

### TOMATO ASPIC #1

1 envelope plain gelatin	1 tablespoon sugar
1/4 cup cold water	1 teaspoon salt
2 cups V-8 juice	1/2 teaspoon white pepper
2 tablespoons grated onion	1/4 teaspoon celery salt
1 Bay leaf	1 tablespoon vinegar

Soften gelatin in cold water. Simmer V-8 juice with Bay leaf, sugar, salt, pepper & celery salt for 15 minutes. Discard Bay leaf and add grated onion and vinegar. Pour into molds. You may place chopped celery and olives in each mold if you wish. Chill until firm. Serves 8.

Mary McLaurin and  
Louise Satterthwaite

### TOMATO ASPIC #2

1 package lemon jello	Dash of Cayenne or tabasco
1 1/2 cups water	Dash of worcestershire
1 cup Hunts tomato sauce	1/2 teaspoon lemon juice
1/2 teaspoon salt	1/2 small onion grated
1 1/2 tablespoons vinegar	1/2 cup finely chopped celery

Heat water and dissolve jello. Add rest of ingredients and spoon into molds or flat casserole to cut into squares. Serves 8.

Mrs. Ronald H. Cutler (Hannah)

### PICKLED PEACH SALAD

1 can or jar pickle peaches	1 teaspoon plain gelatin
1 package lemon jello	1 teaspoon whole cloves

Drain peaches and reserve juice. Cube peaches and divide into molds. Add to pickle juice enough water to make 2 cups. Boil this with the cloves for 5 minutes. Put lemon jello and gelatin in a bowl and pour hot juice and water over, stirring to dissolve. Let cool slightly and pour into molds and refrigerate. Serves 8.

Mrs. J. K. Hoyt (Elsie)

## SALAD DRESSINGS



### AUNT HELEN'S SALAD DRESSING

2 eggs beaten with 2 tablespoons sugar  
1 teaspoon dry mustard  
Celery seed to taste and salt  
1/3 cup sweet pickle vinegar - bit of straight vinegar

Cook stirring constantly over low heat until thickened.  
Stretch with mayonnaise if need be.

Mrs. Pat F. Gertz

### BUTTERMILK DRESSING

2 cups Buttermilk	1/2 teaspoon Accent
2 cups Hellman's Mayonnaise	2 1/2 tablespoons parsley flakes
1 teaspoon garlic powder	
1 teaspoon onion salt	1 tablespoon catsup
1/2 teaspoon white pepper	

Beat Buttermilk and mayonnaise together until smooth.  
Add other ingredients and blend well. Refrigerate for  
24 hours. Good on vegetable salad.

Mrs. Vernon Allen (Thelma)

### E.Y.C. FAVORITE - MARY FARR'S SALAD DRESSING

1 cup salad oil	2 teaspoons salt
1/3 cup vinegar	1/8 teaspoon pepper
1 tablespoon sugar	3 cloves of garlic pressed
1 tablespoon prepared mustard	

Combine ingredients and beat with electric mixer until  
well blended and smooth.

Submitted by Phyllis Herbert  
With Mary Farr's permission



### PEG BRUCE'S MAYONNAISE

(For Cole Slaw, potato salad, fruit or vegetable salad)

1 whole egg	1 can Eagle Brand condensed milk
1 teaspoon salt	1 cup vinegar

Blend ingredients and use, as is, for cole slaw or potato salad. To tone down, add one or two tablespoons Hellman's mayonnaise. To spice up add 2 or 3 teaspoons Durkees dressing and 1 teaspoon grated onion.

Mildred McM. Rumley

### DRESSING (SPINACH SALAD)

1/2 cup crumbled bacon  
2 tablespoons bacon drippings  
1 tablespoon sugar  
1/2 teaspoon salt  
1/8 teaspoon dry mustard (can sub. reg)  
2 tablespoons water  
1/4 cup vinegar  
(Scallions-optional)

Heat all of above ingredients and serve along with the 1/2 cup crumbled bacon over salad.

Mrs. Pat Gertz

### HAPPY'S FRENCH DRESSING

1 can Tomato soup	2 teaspoons paprika
1 1/2 cups wesson oil	1 teaspoon mustard
3/4 cup vinegar	2 teaspoons garlic salt
3/4 cup sugar	2 tablespoons grated onion
2 teaspoons salt	1 tablespoon A-1 Sauce
1 teaspoon white pepper	1 tablespoon Worcestershire

Blend well with electric beater or put in blender. Pour into bottles and store in refrigerator. Keeps for a month or more.

Mrs. Vernon Allen (Thelma)

### HOME-MADE MAYONNAISE

1 egg	1 pint salad oil
1/2 teaspoon salt	2 tablespoons vinegar
1 1/2 teaspoon sugar	Paprika enough to color

Beat egg, with sugar and salt at top speed. Add vinegar and beat, then slowly add oil, dripping at first and beating all the while until all oil is used. Add paprika to color and blend. If too thick add a little lemon juice. Makes 1 pint.

Mrs. Vernon Allen (Thelma)

### POPPY SEED DRESSING

1/2 cup sugar	1/4 onion - grated
1 teaspoon dry mustard	1/3 cup vinegar
1 teaspoon salt	1 cup salad oil
1 tablespoon poppy seed or celery seed	

Measure dry ingredients into small mixing bowl; add onion juice and a small amount of vinegar. Add oil gradually, onion juice, vinegar and celery seed. This salad dressing is to be used with fruit salad.

Mrs. Robert Kidwell (Judy)

### SWEET AND SOUR DRESSING (For slaw and potato salad)

3 egg yolks	2 tablespoons margarine
1/2 cup sugar	1 1/2 cups mayonnaise
1/2 cup vinegar	

Place beaten egg yolks and sugar in small saucepan; gradually add vinegar, mixing well. Add margarine and place over medium heat, stirring constantly, until mixture comes to a boil. Remove from heat, and chill. Add mayonnaise and mix well. Store in refrigerator. Makes 2 1/4 cups.

Mrs. Carl C. Jackson (Tillie)

### HERBED FRENCH DRESSING

1 cup Wesson oil	1/2 teaspoon each of thyme,
1/3 cup vinegar	tarregon and oregano
1 teaspoon garlic salt	1 teaspoon dry mustard
2 or 3 drops hot sauce	1 teaspoon paprika
1 teaspoon dry mustard	2 tablespoons sugar

Blend in blender - chill and serve on any green salad.

Thelma Allen

### ZESTY DRESSING FOR SPINACH SALAD

In small bowl, combine 1/4 cup sugar, plus 1/4 cup white wine vinegar. Blend in 1 tablespoon finely chopped onion, 1/2 teaspoon dry mustard, 1/4 teaspoon salt, 1/4 teaspoon worcestershire sauce and a few drops Tabasco. Gradually add 1/3 cup salad oil beating with electric mixer until thick - about 2 minutes. Chill.

Linda Seale

### FOOD PROCESSOR MAYONNAISE

2 egg yolks	Juice of 1 lemon, plus enough
1 teaspoon salt	vinegar to make very scant
1 teaspoon sugar	1/4 cup
1/2 teaspoon prepared mustard Dijon	
1 teaspoon ice cold water	
2 cups Corn oil	

All ingredients should be cold. With metal working blade in place, pour in mixture of salt, sugar, mustard, lemon juice, vinegar and egg yolks. Rinse out same measuring cup with 1 teaspoon cold water and add to above in processor bowl. Add 1 teaspoon of the oil - cover, and use off-on method 3 times - with motor running. Add oil in thin stream increasing flow until all oil is used. Correct seasonings. This should be a delicious thick mayonnaise.

Mildred McM. Rumley

## KITCHEN PRAYER

Bless my little kitchen, Lord  
I love its every nook  
And bless me as I do my work  
Wash pots and pans and cook.

May the needs that I prepare  
Be seasoned from above  
With Thy blessing and Thy grace  
But most of all, Thy love.

As we partake of earthly food,  
The table Thou hast spread  
We'll not forget to thank Thee  
For all our daily bread.

So bless my family kitchen  
And those who enter in.  
May they find naught but joy and peace  
And happiness therein. Amen.

"Written for 'Junior Service League Cookbook  
1873-1973' by Billy Wright, a friend of  
mine." Mrs. Sam Blount (Sue)

## MAIN DISHES



Some hae meat and canna eat,  
And some wad eat that wants it;  
But we hae meat, and we can eat,  
And sae the Lord be thankit.

Robert Burns - The Selkirk Grace

Come Lord Jesus, Our Guest to be  
And Bless this food bestowed by Thee

Moravian Blessing

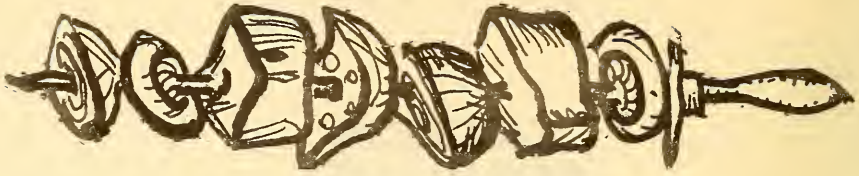
For these and all his mercies  
God's Holy Name be praised.

Bless, O Lord, this food to our use  
And us to Thy service and keep us ever  
Mindful of the needs of others.

Any "gathering" serves to emphasize how important food can be beyond basic nourishment. It can be an agent for binding people together, in friendship, into a family, into a community.



## B E E F



### RIB-EYE ROAST

If you want to play safe bake at 325° with a meat thermometer inserted until desired degree of doneness. Seasoned with salt and pepper and place fatside up on a rack in a roasting pan. It will take 18 to 20 minutes per lb. for rare- 22 to 25 minutes for medium and 27 to 30 minutes for well done roasts. Do not cover and do not add water. To improve flavor, marinate in lemon juice and soy sauce all night in refrigerator, then leave outside refrigerator all day turning now and then in the marinade. count on 2 to 3 serving to the pound.

Mrs. Vernon Allen

### EYE OF ROUND ROAST -325°

Same treatment as above but you may want to sprinkle with tenderizer just before cooking.

### STANDING RIB ROAST- 325°

Same procedure- 2 to 3 servings per pound.

### RUMP ROAST

Same procedure only cook these to medium or well done.

### CHUCK ROAST

Place in roaster pan, seasoned with season salt, pepper and a wee bit of garlic salt. Broil on high broil for 20 minutes, turn season the other side and high broil for 20 minutes. Place slices of onion all over the surface and cover with foil. Cut oven back to 350° and bake covered for 1½ hours. Potatoes & carrots may be added for the last hour of cooking. This will be tender and won't slice thin, but served in "hunks" with the vegetables that have borrowed some of the beef flavor.

Mrs. Vernon Allen

## EASY BEEF BURGUNDY

3 lbs. cubed chuck beef  
1 envelope dry onion soup mix  
2 10 3/4 oz. cans cream of mushroom soup  
1/2 cup burgundy wine

Mix all ingredients and place in large casserole. Cover tightly with foil and bake at 250° for 5 hours. Serve over hot buttered noodles. Serves 6 to 8

Thelma Allen

## BEEF STRAGANOFF

4 lbs. sirloin tip cut into thin strips  
2 cups onions-chopped  
1 large can tomato sauce  
3 or 4 cloves garlic, minced or crushed  
4 tbs. worcestershire sauce  
4 cups water  
4 tsp. instant beef broth crystals or 1 Tbs. Kitchen Bouquet  
2 large cans mushrooms, stem & pieces  
1 cup burgundy wine  
2 tsps. salt and 1 tsp. pepper  
1 stick oleo  
2 half pint cartons of sour cream

Coat meat strips with flour and brown in melted oleo in heavy pot. Add onions and garlic and saute along with meat. Add mushrooms with the liquid plus 4 cups of water and the beef broth crystals. Add salt and pepper to taste and the wine. Simmer for 1 hour or until meat is tender. Just before serving add the sour cream and heat but do not boil. Serve over rice or noodles. Serves 10 to 12

Thelma Allen



When cooking tougher cuts of meat, add a small amount of lemon juice or vinegar to the pot for tenderizing.

## BEEF FILETS IN BURGANDY SAUCE

Broil 4 filets to desired doneness. Place in casserole. Cover with sauce:

1 can beef bouillon	1 teaspoon Kitchen Bouquet
2 tablespoons corn starch	½ cup Burgandy wine
¼ cup water	
1 small can mushrooms	

Mix corn starch and water. Stir into hot bouillon. Add other ingredients. Cook over low heat until thick. Pour over filets. May be prepared ahead and heated. If so, reduce cooking time of beginning so your steaks will not be too well done.

Grey Bowers

## SLOW COOKED BARBECUE CHUCK ROAST

1- 6½ to 7 lb. chuck roast-trimmed of all fat  
2 medium green peppers-chopped  
4 medium onions-chopped

Sauce:

1 tsp. salt	1 tsp. black pepper
1 tsp. chili powder	1 clove garlic
10 whole cloves	1 32 oz. bottle catsup
1 tsp. cinnamon	2 bay leaves
1 tsp. all spice	1 cup cider vinegar
1 tsp. ginger	2 tbs. Worcestershire
½ cup sugar	

Cover roast with chopped pepper and onions. Combine rest of ingredients to make sauce and pour over roast. Cover and place in 225-250° oven for 6 to 6½ hours. Shred or slice and serve on seeded hamburger buns. Pass sauce. Left overs freeze well. Serves 12-15. Also good over rice.

Judith Kidwell

## FRENCH STEW BEEF

1 lb. stew beef	$\frac{1}{2}$ cup corn oil
$\frac{1}{2}$ cup sugar	1 small clove garlic
$\frac{1}{2}$ teaspoon salt	2 large tomatoes
$\frac{1}{2}$ teaspoon freshly ground pepper	12 oz. dry red wine
16 small white onions	6 or 8 carrots

The secret ingredient of this stew is sugar. Cut one pound of lean stew beef into small cubes. Rub each cube with a generous amount of sugar, pepper, and a dash of salt. In heavy Dutch oven, over high heat, pour the  $\frac{1}{2}$  cup oil and add the garlic, sliced lengthwise. Brown meat in the hot oil until it is dark and glossy. Pour off oil and remove garlic. Add the two large tomatoes, cut into cubes. Add the 12 oz. wine. Turn heat very low and cook covered for about  $1\frac{1}{2}$  hours. Add onions and continue to cook covered for fifteen more minutes. Add carrots, cut into 2 inch cubes. Cover and cook a final fifteen minutes.

If the liquid gets low, add a little more wine or another tomato. This stew should not be watery--the final liquid should be slightly thick, just right to accompany a good crusty French bread. This stew takes less than twenty minutes working time, although cooking time may exceed two hours.

Mildred Rumley

## CASSEROLE STEW BEEF

$1\frac{1}{2}$ lb. stew beef	Oregano
2 ribs celery	Allspice
1 medium onion	Salt
1 tablespoon catsup	Flour
$\frac{1}{2}$ cup water with beef bouillion cube	

Shake lightly oregano and allspice on beef seasoned with salt and floured with 1 tablespoon of flour. Place in casserole dish and cover with sliced celery and onion. Sprinkle catsup over all. Add water with dissolved bouillion. Cover and cook at 275 for 3 hours or more until tender. Serves 4.

Rena Terrell

## FLEMISH POT ROAST

3½ lbs. lean, well-trimmed round roast	1 bay leaf
2 teaspoons garlic salt	1 can of beer
¼ teaspoons pepper	1 teaspoon brown sugar
1 tablespoon vegetable oil	2 medium onions, sliced
1 tablespoon leaf thyme, crushed	2 tablespoons chopped parsley

Season meat with garlic salt and pepper. Heat oil in Dutch oven and brown meat on all sides. Drain off fat. Add thyme, bay leaf, brown sugar and beer. Cover and simmer over very low heat for 3 hours or until meat is tender. Remove bay leaf and refrigerate for several hours or over-night. Before serving time, take roast out of refrigerator and remove hardened fat. Add onions and parsley and simmer covered for 40 minutes ('til onions are tender.) Remove meat to platter and simmer sauce to thicken slightly. Serve sauce with meat. Serve 10 to 12.

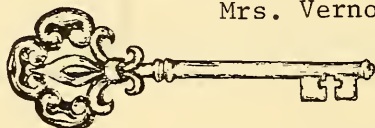
Mrs. Vernon Allen (Thelma)

## POT ROAST ORIENTAL

3½ lbs. lean boneless, well- trimmed chuck arm roast	1 teaspoon ground ginger
2 teaspoons garlic salt	5 tablespoons soy sauce
¼ teaspoons pepper	1 cup dry sherry
1 tablespoon vegetable oil	½ cup water
1 medium onion, sliced	1 teaspoon corn starch

Season the meat with garlic salt and pepper. Brown in vegetable oil in Dutch oven or electric frying pan. Drain off fat, add ginger, soy sauce, wine and water. Cover and simmer over very low heat for 2½ to 3 hours. Add onion and continue cooking until onion is tender. Remove to platter and thicken gravy with cornstarch dissolved in a little water. Serve with hot cooked rice.

Mrs. Vernon Allen (Thelma)



Good food and good friends go together



*"Cookings like religion is  
Somes 'lected and some aint  
And rules don't no more make a cook  
Than sermons make a saint."*

Bandanna Ballards by Howard Weeden

#### SLICED STEAK TIDBITS

*1 thick, rare broiled sirloin steak, cut on angle  
(pieces approximately 1½ inches wide, very thin).  
Then place steak on thin sliced toast and cover lightly  
with sauce.*

#### SAUCE

*1 cup beef broth or brown gravy  
3 tablespoons prepared mustard  
1 tablespoon English mustard  
½ bottle of A-1 Sauce*

*Simmer over low heat, stirring constantly. Add 1/8 pound  
of butter to thicken, salt and pepper to taste. Blend  
and thin if desired with a dash of cream. This sauce  
may be served immediately or kept in refrigerator and  
reheated as needed. "A succulant supper snack!"*

Mildred Rumley



*Steaks completely coated with a light film of vegetable oil,  
then refrigerated uncovered will stay in perfect condition  
for several days. Also, the texture of choice USDA steaks  
improves if they are chilled in the freezer for up to four  
hours, but not frozen.*

## MEAL IN A BUNDLE

2 lbs. lean chuck cubed  
6 tbs. chopped onion  
6 carrots-cut up  
 $\frac{1}{2}$  cup parsley  
2 cans mushroom soup  
 $\frac{1}{2}$  cup water  
salt and pepper to taste

Mix ingredients in large bowl. Divide into 6 portions and place each portion on an 18" aluminum square (use heavy duty aluminum foil). Add potato to each portion. Close bundles. Cook in oven or on grill for one hour. Serve in foil. Serves 6

Mrs. Marjorie Holland

## CHINESE PEPPER STEAK

1½ pounds sirloin steak	1/4 cup soy sauce
1/4 cup vegetable oil	½ tsp. sugar
1 clove garlic, crushed	1 can beef bouillon
Dash of salt	1 can water chestnuts, sliced
1 tsp. ground ginger	1 tbs. cornstarch
½ tsp. pepper	½ to 1 cup water
3 green peppers-sliced	4 green onions, cut in pieces
2 large onions-sliced	

Freeze steak 1 hour to make cutting easier. Heat oil in skillet; add garlic, salt, ginger, and pepper. Saute until garlic is golden. Add steak which has been cut 1/4 in strips and brown lightly. Remove meat, add green peppers and onions and cook approximately 3 to 5 minutes. Return beef to pan and add soy sauce, sugar, bouillon, water chestnuts, cornstarch dissolved in water and green onions. Simmer about 15 to 20 minutes. Serve over hot rice. Yields 6 to 8 servings.

Beulah Butt

## SAUCY FRANKFURTERS

14 - 18 frankfurters	1 green pepper, chopped
1 large can tomatoes	1 large onion, diced
½ pound grated sharp Cheddar cheese	2 pimentos, diced
	2 or 3 ribs celery, diced

### Sauce

1 teaspoon mustard	Pepper
1 tablespoon flour	Paprika
Salt	Tabasco

Mix together with a little tomato juice the above ingredients to form a sauce.

Put frankfurters in shallow pan. Mix all other ingredients together and pour over frankfurters. Bake at 275° for 3 hours, keeping covered until last half hour. Serve on warm buns. 14 to 18 servings.

## ORIENTAL BEEF STEW

2½ lbs. chuck or shoulder roast	1 cup liquid from pineapple and chestnuts
1 13½ oz. can pineapple chunks	
1 8 oz. can water chestnuts sliced	1 cup water
2 medium onions, chopped	½ teaspoons ginger
2 cloves garlic, minced	1 teaspoon seasoned salt
2 tablespoons soy sauce	1 green pepper, in strips
	1 tablespoon corn starch

Dredge meat in flour and brown well on both sides in 2 tablespoons vegetable oil in Dutch oven. Remove from pot and cut meat into 1 inch cubes. Put back in the pot, add the liquids and seasonings. Simmer for 2 hours and then add green pepper, onions and garlic, cooking for 30 more minutes. Add pineapple and sliced water chestnuts. Dissolve corn starch in a little cold water and add to pot. Heat until thickened. Serve over hot cooked rice. Serves 8.

Mrs. Vernon Allen (Thelma)

## PERFECT MEAT LOAF

1½ lbs. ground beef	¼ teaspoon pepper
½ lb ground pork	¼ teaspoon dry mustard
¼ cup finely chopped onion	4 slices soft bread, cubed
2 tablespoons finely chopped celery	½ cup milk
2 teaspoons salt	2 eggs
½ teaspoon poultry seasoning	1 tablespoon Worcestershire sauce

Mix meats thoroughly; add onion, celery, and seasonings. Soak bread cubes in milk; add eggs and Worcestershire sauce; beat with rotary beater. Combine meats and egg mixture and form in a loaf; place in a baking pan. Bake in moderate oven (350°) about 1 hour. 8 to 10 servings.

or

Place above meat mixture in medium muffin cups. Shape tops with tines of fork. Place pan on cookie sheet to catch drip. Bake in 350° oven for 45 minutes. 12 servings.

### Sauce to Use Over Meat Loaf

½ can tomatoes	Green pepper
Celery	Salt
½ onion, chopped	Sugar

Cook until thickens and serve over meat loaf.

Mrs. Charles Franklin

## MEAT LOAF #2

1½ ground beef	2 beaten eggs
½ lb. ground pork	4 oz. (1 cup) Process cheese
½ cup chopped onion	diced
¼ cup chopped green pepper	1 cup soft bread crumbs (1¼
1 8 oz. can tomato sauce	slices)
1 teaspoon salt	¼ teaspoon crushed thyme

Cook onion and green pepper in boiling water until tender. Drain. Stir in tomato sauce, eggs, cheese, bread crumbs and seasonings. Add meats, mixing well. Shape into loaf and bake at 350° for 1½ hours.

Mrs. Henry Hodges (Kack)

### QUADRETTINI SPINACH

$\frac{1}{2}$ cup olive oil	1 tablespoon salt
$\frac{1}{3}$ cup minced onion	$\frac{1}{2}$ teaspoon pepper
3 crushed cloves garlic	$\frac{1}{4}$ lb. medium noodles
$\frac{1}{2}$ cup diced carrots	1 package frozen chopped spinach
3 cups celery, diced	$\frac{1}{2}$ cup buttered fresh bread squares
1 lb. ground round	$\frac{1}{2}$ cup grated process American cheese
$\frac{1}{2}$ cup sherry or cooking sherry	Grated Parmesan cheese
1 6-oz. can tomato paste	
$2\frac{1}{2}$ cups canned tomatoes	

In hot oil in skillet, saute onion, garlic, carrots, and celery until lightly browned. Add meat; cook until red color disappears. Add sherry; simmer a few minutes. Add tomato paste, tomatoes, salt, pepper. Simmer uncovered, 2 to  $2\frac{1}{2}$  hours. Season if necessary. Heat oven to  $350^{\circ}$ . Cook noodles and spinach as labels direct, drain well, add to sauce. Turn into  $1\frac{1}{2}$  quart casserole. Sprinkle with bread squares,  $\frac{1}{2}$  cup of cheese, and Parmesan. Bake uncovered 30 minutes or until browned.

From Mrs. Eric Roberts (Eleanor)  
of Pawley's Island  
Submitted by Thelma Allen

### EASY MEAT LOAF

1 can of Golden Mushroom Soup	$\frac{1}{4}$ cup finely chopped onion
$1\frac{1}{2}$ lbs. of ground beef	Generous dash of pepper
2 cups dry bread crumbs or crushed saltines	Salt according to taste and diet

Mix thoroughly  $\frac{1}{2}$  can of soup with ingredients. Place in baking dish. Pour remaining soup on top of meat loaf. Bake approximately 45 minutes at  $350^{\circ}$ . Serves 6.

Kay Nicholls



### MEAT LOAF #3

1½ lbs ground beef	¼ tsp pepper
¾ cup quick Quaker Oats (uncooked)	1 cup tomato or V-8 juice or catsup
¼ cup chopped onion or	1 egg, beaten
1 pkg onion soup mix	1½ tsp salt

Combine all ingredients. Put in loaf pan. Bake at 350° for 1 hr and 15 mins. Serves 8.

Topping for meat loaf to be used before placing meat in oven.

3 Tbsp brown sugar	¼ cup catsup
¼ tsp nutmeg	1 tsp dry mustard

Combine all ingredients. Mix well and spread over meat loaf before baking.

Mrs. W. A. Stringer (Barbara)

### SAUERBRATEN American Style

3 lbs round or sirloin tip	1 tablespoon salt
2 or 3 bay leaves	2 or 3 tbsps vinegar
1 small chopped onion	2 tbsps brown sugar

In a large pan, place all ingredients and cover with water. Boil until meat is tender. To make gravy, brown 3 to 4 tbsps flour in 2 or 3 tbsps Crisco oil in small saucepan over medium heat. When deep brown, pour over meat to thicken gravy. Serve with potato cakes or mashed potatoes.

Tillie Jackson

## SUKIYAKI

1 lb thin sliced round steak or other	2 tbsp salad oil
1 med. green pepper, sliced	1½ cups sliced celery
1½ cups or 6 oz can drained mushrooms	1 large onion, sliced
1 can (10½ ozs) condensed beef broth	1/2 cup sliced green onions (1 inch pieces)
1 can sliced water chestnuts	1 tbsp soy sauce
	¼ cup water
	2 tbsp cornstarch

Brown meat which has been cut in small pieces, in oil. Add vegetables, beef broth and soy sauce. Cover. Cook slowly for 10 minutes or until vegetables are tender. Stir often. Combine water and cornstarch. Add to meat. Stir until thickened. Add water chestnuts and mushrooms. Serve over rice or noodles. Serves 4, double for 8

Mrs Carl C. Jackson (Tillie)

## STUFFED BELL PEPPERS

6 large green peppers	1 lb ground beef
1 cup chopped onion	1 cup chopped celery
1 cup cooked rice	1½ cup grated cheese
2 tbsp bacon drippings	1 can tomato paste + 1 can water
½ tsp celery salt	
Salt & pepper	

Cut peppers in half lengthwise. Remove seeds and stems. Cover with boiling water and let simmer for 3 mins. Drain upside down. In a skillet, saute onions, celery, and ground beef, stirring until meat is all separated and turning dark. Add rice, cheese, celery salt, salt and pepper. Mix well and stuff peppers with this mixture. Arrange in baking dish and pour over them the tomato paste mixed with water. Bake uncovered at 350° for 45 min, basting with tomato paste mixture two or 3 times.

Mrs. Vernon Allen (Thelma)



Use greased muffin tins as molds when baking stuffed green peppers.

## SEVEN LAYER CASSEROLE

3/4 cup rice (Uncle Ben)	1 lb ground beef
1 cup whole kernel corn (drained)	Salt & pepper
2 cans Hunts tomato sauce	4 strips bacon
1/2 cup finely chopped bell pepper	1/2 cup finely chopped onion

Sprinkle rice evenly in buttered 2 quart casserole. Drain corn and spread over rice. Sprinkle with salt and pepper and spoon 1 can tomato sauce plus 1/2 can water. Sprinkle chopped onion and bell pepper evenly and layer uncooked ground beef on top. Sprinkle with salt and pepper and spoon over 2nd can of tomato sauce, plus 1/2 can of water. Cover with strips of bacon, quartered. Cover and bake at 350° for one hour. Uncover and bake 30 minutes longer.

Lalla C. Bragaw

## RICE MEAT BALLS

1 lb ground beef	1 cup Minute rice (uncooked)
1 egg beaten	2 tsps salt & a dash of
1/2 cup tomato juice	pepper
1 tbsp grated onion	

Combine and mix well with your hands. Form into 18 balls. Put in Dutch oven or frying pan with 2 cups tomato juice plus 1 tsp sugar. Bring to a boil and simmer 20 min covered, basting now and then. Serves 6. A good way to make 1 lb ground beef feed the family.

Mrs. Vernon Allen (Thelma)

## NORWEGIAN MEATBALLS

1 lb ground beef	1 tsp salt
1 tbsp flour	$\frac{1}{4}$ tsp nutmeg
$\frac{3}{4}$ cup milk	

Blend above ingredients by mixing with hands.

Dice large onion and add to one quart of water; bring to a boil and cook 15 minutes or more.

Make small meatballs and sear in hot skillet. Drain meat balls on paper toweling.

Add 2 tablespoons of flour to drippings and brown in skillet. Add just enough cold water to make a smooth gravy and then add this gravy to water and onion mixture.

Add meatballs. Simmer for  $\frac{1}{2}$  hour. I serve with mashed potatoes. This recipe can be doubled or quadrupled for it freezes beautifully.

(This recipe was given to me by my husband prior to our marriage. It is a great favorite in his family and I have sometimes wondered what would have happened to our relationship if I had not mastered this recipe!)

Mary Capehart Valand

## BARBECUED BEEF PATTIES

$\frac{1}{2}$ cup bread crumbs	2 tbsp melted fat or oil
$\frac{1}{4}$ cup milk	2 tbsp Worcestershire sauce
$\frac{1}{2}$ lb hamburger	1 tbsp vinegar
$\frac{1}{2}$ cup catsup	2 tbsp sugar
1 onion, chopped	salt & pepper

Moisten crumbs with milk, add meat, salt and pepper.

Form in four large patties. Brown on both sides in fat or oil. Mix remaining ingredients and pour over patties. Cover and cook for 10 minutes. Serves four.

Mrs. Charles Franklin

## BEEF MACARONI CASSEROLE

1 pound ground chuck	1 green pepper chopped
1 package small macaroni	1/2 pound sharp cheese
1 large can tomatoes	1 can Campbell's Chicken
1 cup chopped onion	Gumbo Soup

Brown ground beef. Brown onion and pepper. Add to ground beef. Add tomatoes chopped up and chicken gumbo soup. Add cooked macaroni and mix well. Top with grated cheese. Cook in oven at 350 degrees about thirty minutes. Serves six to eight.

Mrs. Norman Winslow (Marie)

## HAMBURGER CASSEROLE

1 lb ground beef	1 teaspoon chili powder
2/3 package egg noodles	1/2 lb grated sharp cheese
1 large onion	1 small can tomato sauce
1 green pepper	garlic powder
1 tablespoon bacon drippings	salt

Brown meat, onion, green pepper in bacon drippings. Add tomato sauce and let simmer for 20 or 30 minutes. While this simmers, cook noodles and drain, then mix with sauce. Pour a layer into casserole dish and add a layer of grated cheese. Repeat. Bake at 300 degrees for 40 minutes. Cover while cooking. Serves six.

Sadie Fowle  
by  
Erin Tayloe



## SPINACH AND BEEF CASSEROLE

6 slices bacon	1 (8 oz.) sour cream
1 lb. lean ground beef	1 cup cottage cheese
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{2}$ cup grated Parmesan cheese
1 teaspoon garlic salt	2 cups ( $\frac{1}{2}$ lb.) shredded mild cheddar cheese (divided)
$\frac{1}{2}$ teaspoon salt	4 eggs, beaten
$\frac{1}{2}$ teaspoon pepper	$\frac{1}{2}$ teaspoon basil leaves
$\frac{1}{4}$ lb. fresh mushrooms sliced or small can	2 (10 oz.) packages frozen chopped spinach, thawed
1 (8 oz.) can tomato sauce	

Fry bacon until crisp, drain and discard drippings. Crumble bacon. Cook ground beef and onion until browned. Add garlic salt, salt, pepper, and mushrooms; cook 3 minutes, stirring occasionally. Drain off drippings. Combine tomato sauce, sour cream, cottage cheese, Parmesan cheese, 1 cup cheddar cheese, eggs and basil, mixing well. Stir in crumbled bacon. Squeeze liquid from spinach and add spinach and beef mixture to tomato sauce mixture, stirring well. Spoon mixture into a 13x9x2 inch baking dish. Sprinkle with remaining Cheddar cheese. Chill at least 3 hours or overnight. Bake 350° for 30 minutes. Delicious--much like lasagna! Serves 6 to 10.

Margaret Brewbaker

## SWEET AND SOUR BEEF WITH CABBAGE

1 lb. ground beef	2 tablespoons vinegar
1 onion, chopped	$\frac{1}{4}$ teaspoon ground cloves
1 cup catsup	1 teaspoon salt
$\frac{1}{4}$ cup water	1 bay leaf
2 tablespoons sugar	5 cups coarsely sliced cabbage strips

In large frying pan, brown meat and onions. Drain off fat. Add catsup, water, vinegar, sugar, cloves and bay leaf. Blend well. Arrange cabbage over meat. Salt. Cover tightly and cook over low heat about 30 minutes or until cabbage is limp. Remove lid and stir cabbage into meat before serving.

Judith Kidwell

## MOUSSAKA

3 medium size eggplants	Salt and pepper to taste
1 cup butter	1 quart milk
3 large onions, finely chopped	6 tablespoons flour
2 lbs. ground lamb or beef	4 eggs, well beaten
3 tablespoons tomato paste	Nutmeg
½ cup red wine	2 cups Ricotta cheese
½ cup chopped parsley	1 cup fine bread crumbs
¼ teaspoon cinnamon	1 cup Parmesan cheese

Step 1. Peel eggplant and cut in slices ½ inch thick. Brown in 4 tablespoons of the butter and set aside.

Step 2. In same skillet, add 4 tablespoons butter and cook the onions. Add the ground meat and cook 10 minutes. Combine the tomato paste with the wine, parsley, cinnamon, salt and pepper. Stir this into the meat and simmer, stirring often, until liquid is absorbed. Remove from stove.

Step 3. Preheat oven to 375°. Step 4. Make a white sauce by blending 6 tablespoons flour in 8 tablespoons butter. Heat milk to boiling and add gradually, stirring constantly. When thick and smooth, remove from stove cool slightly, then add beaten eggs, nutmeg and Ricotta cheese. Step 5. Alternate layers of eggplant and meat sauce in large casserole, sprinkling each layer with Parmesan cheese and bread crumbs. Pour the white sauce over all and bake 1 hour or until top is golden. Remove from oven and let set for 20 minutes before cutting into serving size squares. Serves 12.

Thelma Allen



"A kitchen is a friendly place  
Full of living's daily grace,  
And rich in dignity is she  
Who shares its hospitality."

## INSTANT STRAGANOFF

1 lb. stew beef or left over pot roast  
1 pkg. onion soup mix  
1 small can mushrooms plus liquid  
1 large can tomato sauce plus  $\frac{1}{2}$  can water  
1 can golden mushroom soup plus  $\frac{1}{2}$  can water  
worcestershire sauce

Cut stew beef into serving bites, brown in hot fat, salt and pepper and cook until tender. Add remaining ingredients and simmer  $\frac{1}{2}$  to 1 hours. Serve over hot rice.

Barbara Stringer

## FIVE HOUR STEW

2½ lbs. cubed chuck fat off	1 or 2 onions-quartered
2 or more potatoes	3 tbs. tapioca
2 ribs celery	1 12 oz. can V-8 juice
1 green pepper-cut in strips	

Place in heavy dutch oven. Sprinkle with 3 tablespoons tapioca. Add 1 tablespoon sugar, salt and pepper to taste. Pour over 1 12oz. V-8 juice. Cover tightly and bake 250° for five hours. Do not lift cover.

Hallene Cayton

## SPAGHETTI ITALIANO

1½ lbs. lean ground beef	1 can of mushrooms, stems/pieces
4 cloves of garlic	1 teaspoon salt
2 cups chopped onions	½ teaspoon pepper
1 medium bell pepper	1 teaspoon oregano
1 tablespoon cooking oil	1 tablespoon Kitchen Bouquet--
1 can tomato paste	or 2 beef boullion cubes
1 can tomato sauce	2 tablespoons catsup
1 cup water	Pinch of thyme
	1 bay leaf

Brown beef in oil; add onion, garlic and bell pepper. Cook for 20 minutes and then add tomato paste, sauce and water. Season with salt, pepper, oregano Kitchen Bouquet, catsup, thyme and bay leaf. Simmer slowly for 2 hours, stirring now and then. Add mushrooms and liquid at the last. Serve on cooked thin noodles with side dishes of grated cheese and Parmesan. Serves 8 to 10.

Mrs. Vernon Allen (Thelma)

## LASAGNA

1 lb. ground beef	1 teaspoon sugar
3/4 cup chopped onion	1 teaspoon garlic powder
2 tablespoons vegetable oil	1/2 teaspoon pepper
1 can tomatoes, cut up	1/2 teaspoon oregano
2 cans (6 oz. each) tomato paste	8 oz. Lasagna noodles
2 cups water	1 lb. Ricotta (or cottage) cheese
1 tablespoon chopped parsley	8 oz. Mozzarella, shredded
2 teaspoons salt	1 cup Parmesan cheese

In Dutch oven, saute onions and ground beef. Add tomatoes and juice, tomato paste, seasonings and water. Let simmer 30 minutes (at least). Cook noodles 12 minutes and drain. Layer noodles, meat sauce and cheese in large casserole, ending top layer with sauce. Bake at 350° for 45 minutes. Let stand 15 minutes; then cut in serving size squares. Serves 8.

Mrs. Vernon Allen (Thelma)

## RECIPE FOR A HAPPY HOME

2 heaping cups of Love  
Thoroughly mix with 1 cup of Sharing  
1/2 cup of Freedom  
Cream together 2 cups of Loyalty, 1 1/2 cups of Faith  
and 1 cup of Hope  
Add 2 cups of Praise  
Be sure to add 6 tablespoons Humor and the ability to  
Forgive and Forget  
Moisten with 1/2 cup of Sympathy and Understanding  
Bake with a Sunny Smile in a warm oven  
Serve often  
(It is best when shared with friends)



To aid in cleaning the inside of badly burned pan, put outside of pan into cold water while it is still very hot.

## CHEESEBURGER PIE

1 lb ground beef	1/2 tsp pepper
1/4 cup green pepper	1 <del>tea</del> spoon salt
1/4 cup chopped onion	1/4 teaspoon oregano
1/2 cup bread crumbs	1 8 oz. tomato sauce

Brown meat, add other ingredients and simmer while mixing topping. Pour into deep pie crust and top with cheesemix.

## TOPPING

1 8 oz. cheddarcheese grated	1 teaspoon salt
1 egg	1 teaspoon dry mustard
1/4 cup milk	1 teaspoon worcestershire sauce

Beat egg and milk. Add cheese and other ingredients. Spread over meat mixture in pie shell. Bake at 400° for thirty minutes.

Patti Campbell

## REUBEN CASSEROLE

### Crust

3 packages potato chips crushed	1 tablespoon caraway seeds
2 eggs beaten	2/3 cup hot water

Combine above ingredients. Spread on bottom of large oblong casserole.

### Layers

1 one lb. can saurkraut
2 4 oz. packages sliced corned beef
1/2 lb. sliced Swiss cheese

Layer on top of crust in order twice. Bake at 350° for 35 minutes. Freezes well. Serves 8.

Mrs. W.A. Stringer (Barbara)



## EGGS & CHEESE



To keep mold off of cheese:  
Wipe cheese with vinegar.

### CHEESE STRATA

8 slices white bread	4 eggs beaten
2½ cups grated sharp cheese	1 teaspoon salt
2½ cups milk	¼ teaspoon dry mustard
Dash of tobasco	Dash of Worcestershire

Trim crust and butter bread. Cut each slice in halves. Arrange layers of bread and cheese in 11½" x 7½" casserole. Mix beaten eggs, milk and seasonings and pour over layers of bread and cheese. Cover and refrigerate over night. Bake at 350° for 40 minutes. Let it sit for 15 minutes before cutting in sections to serve. Serves 10/

Mrs. Vernon Allen (Thelma)

### EGG CASSEROLE ENTREE

½ pound mushrooms	½ cup chopped stuffed olives
4 tablespoon shortening	1 cup toasted bread crumbs
2 cups milk	6 hard cooked eggs, sliced
2 tablespoon flour	2½ teaspoon salt

Melt 2 tablespoons shortening in pan over medium heat. Add flour, salt, and blend to a smooth paste. Add milk gradually, stirring constantly. Cook until thickened and smooth. Melt remaining fat. Slice mushrooms and add to melted fat. Cook 10 minutes. Grease baking dish. Place ½ cup white sauce in dish. Add layer of bread crumbs. Add alternate layers of egg, sauce, mushrooms and olives. Bake at 350° for 20 minutes. Serves 6.

Mrs. W. A. Stringer (Barbara)

### JALEPENO PEPPER EGGS

10 eggs  
10 oz sharp cheddar cheese

1, 14 oz can mild Jalepeno  
peppers

Spray 9 x 11 pan. Beat eggs fluffy. Remove seeds from peppers and chop fine. Grate cheese. Place peppers, cheese in baking pan, pour egg mixture over. Salt and pepper mixture. Shake paprika over lightly. Bake 20 to 25 minutes. Cut in squares. Can be topped with cooked, drained, bacon. Good to serve after 8:00 A. M. church service with hot biscuits and fruit.

Marilyn Franz

### OMELET WITH HERBS

4 eggs separated  
4 tablespoon milk  
½ teaspoon salt

Dash of pepper  
1 tablespoons mixture of  
dried summer savory, tarragon,  
chervil, basil & chives

Beat egg whites until stiff but not dry. Beat the egg yolks until thick and lemon colored. Add milk, salt, pepper, and herb mixture. Fold the egg yolks into the whites. Pour into a hot buttered omelet pan or skillet. Cook over low heat until omelet has risen and is a golden brown color next to the pan, then set the pan in a moderate oven 350° for 5 minutes or until the surface seems set when pressed with finger. Serves 2-4.

Mrs. W. A. Stringer (Barbara)

## POOR MAN'S CHEESE SOUFFLE

8 slices bread, crusted	4 eggs
½ pound or more sharp cheddar cheese	2 cups milk
½ teaspoon salt	Dash papper and paprika

Place four slices of bread in buttered casserole dish. Slice approximately ½ or more of the cheese over bread. Cover with the other four slices bread. Beat eggs slightly with 2 cups milk. Add salt, pepper and paprika. Pour on bread and cheese. Place in refrigerator at least 1 hour before baking. Bake at 350<sup>0</sup> until it puffs up and gets brown and crunchy. Serves 4.

Mrs. Graham Ramsey

## SOUR CREAM CHEDDAR CHEESE OMELET

8 eggs	½ cup grated Cheddar cheese
½ cup dairy sour cream	¼ teaspoon salt
¼ teaspoon pepper	4 tablespoon butter or oleo.

Make each of 2 omelets this way. Combine 4 eggs, ½ cup of cheese, 2 tablespoon of sour cream and 1/8 teaspoon each salt, and pepper in electric blender. Beat just until blended. (Can be done in medium bowl with beater)

Melt 2 tablespoon oleo slowly in a 9" frying pan, tilt the pan to coat sides lightly. Pour in egg mixture. Cook slowly just until it starts to get firm around edge, then lift edge all the way around with spatula so uncooked part flows to bottom. Continue cooking just until omelet is softly firm and shiny-moist on top.

To remove from pan, tip pan and lift edges of omelet with spatula, then fold it over and roll onto plate. Keep warm while mixing and cooking second omelet. Before serving, top each with remaining 2 tablespoon sour cream.

Mrs. W. A. Stringer (Barbara)

## BREAKFAST SOUFFLE

1½ lbs bulk pork sausage	9 eggs, beaten slightly
3 cups milk	1½ teaspoon dry mustard
1 teaspoon salt	3 slices white bread, cut in
1½ cups Cheddar cheese, grated	¼ inch cubes

Brown crumbled sausage in a heavy skillet, drain on toweling paper. Mix eggs, milk, mustard, and salt; stir in bread, sausage, and cheese. Pour mixture into a greased 13"x9"x2" pan. Refrigerate, covered, overnight. Bake uncovered at 350° for one hour. Makes 12 small or 8 large servings.

Susan Smith

## QUICHE LORRAINE

4 tablespoon butter	¾ teaspoon salt
1, 9" unbaked pastry shell (deep) well chilled	1/8 teaspoon sugar
12 slices bacon	½ teaspoon Tabasco
4 eggs	1 cup grated Swiss cheese
2 cups milk	¼ teaspoon nutmeg

Spread butter over surface of unbaked pastry shell. Cook Bacon until crisp, drain. Crumble into small pieces. Combine eggs, milk, salt, nutmeg, sugar, and Tabasco with rotary beater, beating just long enough to mix thoroughly. Sprinkle pastry shell with bacon and cheese; pour in milk mixture. Bake at 425° for 15 minutes. Reduce heat to 300° and bake 40 minutes or until point of knife inserted in center comes out clean. Serve at once. Serves 6.

Mrs. W. A. Stringer (Barbara)

## QUICHE a la SWISS

1 unbaked pie shell (deep dish)	Dash of white pepper
2/3 cup Chablis Wine	Dash of nutmeg
1 small onion minced	1 - 6 ounce package
4 eggs	Groyere Cheese, shredded
2 cups cream for whipping	

Bake pie shell at 450 degrees 10 minutes - just until starting to turn golden. Cool.

Combine wine with onion in small sauce pan. Heat to boiling. Simmer 2 minutes. Cool.

Beat eggs slightly in a large bowl; stir in cream; strain into 4 cup measure. Stir in 1/2 teaspoon salt, pepper, nutmeg and onion mixture. Sprinkle cheese evenly over pie shell; pour egg mixture over top. Bake at 375 degrees for 35 minutes or until center is almost set but still soft. Do not over bake; custard will set as it cools. Cool 15 minutes on wire rack before serving. Slice in wedges; lift onto serving plates with a pancake turner.

Mrs. W. A. Stringer (Barbara)

## FETTUCINI

1/2 cup butter	1 cup shredded Parmesan cheese
1 cup whipping cream	Ground pepper
1 lb. cooked egg noodles, drained (Twists are good)	Ground nutmeg

Melt butter in saucepan. Stir in cream and heat until bubbly in center of pan. Add noodles. Sprinkle with cheese and toss lightly. Sprinkle with pepper and nutmeg. Serves 6.

Linda Seale



## CHEESE AND TOMATO QUICHE

*Short Crust Pastry - Makes 1/2 pound:*

8 ounce plain flour	3 tablespoons water
1/2 teaspoon salt	1 egg yolk
5 ounces butter	

- 1 - Sift flour and salt into large bowl.
- 2 - Cut fat in small pieces
- 3 - Separate the egg yolk from the white - add water to yolk and mix.
- 4 - Add the fat to the flour and toss. Pinch and flour until mixture looks like large breadcrumbs - not too fine.
- 5 - Pour the yolk-water mixture into a hollow in the center of the flour and mix all at once with a knife to a rough dough.

*For the filling:*

1/2 pound tomatoes	Freshly ground pepper
2 eggs	Cayenne pepper
1/2 cup cream (half and half)	
2 ounces grated Swiss or Gruyere Cheese	
1 teaspoon chopped fresh parsley or chevril	
1/2 teaspoon salt	

- 1 - Line 8 inch quiche tin with 1/4 pound shortcrust pastry. Bake unfilled.
- 2 - Skin the tomatoes, slice and arrange over bottom of crust.
- 3 - Blend together the eggs, cream, cheese, herbs and seasonings.
- 4 - Pour into the pastry case and place in center of fairly hot (375°) oven. Bake 40 minutes, or until set. Serves 4.

Mildred McM. Rumley

## SHRIMP QUICHE

1 cup cooked shelled shrimp	1/4 cup grated Swiss Cheese
Salt	Oregano (pinch)
Pepper	Nutmeg (pinch)
1/3 cup dry white Vermouth	1 tablespoon tomato paste
3 eggs	or catsup
2 tablespoons butter	1 - 9 inch partially baked
1 - 1/2 cups milk	pie shell

Prick pie shell with fork in several places to avoid bubbles and bake at 375° for 5 minutes. In skillet, over moderate heat toss shrimp in butter and season with salt, pepper, oregano, nutmeg and add Vermouth. Boil until liquid has almost evaporated, then spread shrimp in pie shell. Beat eggs and add tomato paste (or catsup) and milk and pour over shrimp. Sprinkle grated cheese on top and bake at 375° for 30 minutes. Let stand a few minutes before slicing. Services 4 to 6.

Mrs. Vernon Allen (Thelma)

## SEAFOOD QUICHE

2 frozen pie shells	1/2 cup milk
2 cups shredded Swiss cheese	1 cup heavy cream
1 - 1/4 cup cooked shrimp, chopped	1/2 teaspoon dry mustard
3 tablespoons green onions, minced	2 tablespoons Sherry
4 eggs	1/4 teaspoon pepper

Allow pie shells to warm at room temperature. Preheat oven to 375°. Combine cheese, shrimp and onions. Spread over bottom of pie shells. Combine remaining ingredients, mix thoroughly and pour over shrimp and cheese. Bake 30 - 40 minutes or until firm and golden.

Mrs. W. A. Stringer (Barbara)

## ASPARAGUS AND MUSHROOM QUICHE (2 pies)

Two 8 or 9 inch frozen pie crusts

3/4 cup milk

2 tablespoons flour

1/2 pound Swiss cheese

1 small onion chopped

3 eggs beaten slightly

3/4 cup mayonnaise

Small can mushrooms

Small can asparagus

Preheat oven to 350°. Bake pie shell for 10 minutes. Beat eggs until fluffy. Add milk, mayonnaise, and flour. Beat and fold in mushrooms, asparagus, and onion. Line bottom of pie shell with grated cheese and pour mixture into shell. Bake 50 minutes. Serves 6.

Mrs. Graham Ramsey

## FLORENTINE RICE QUICHE

4 eggs

2 cups cooked rice - hot

2/3 cup finely grated Swiss Cheese

1 - 10 ounce package frozen chopped spinach

2 tablespoons oleo

1/2 teaspoon salt

1/2 pint cottage cheese

1/4 cup Parmesan cheese grated

6 tablespoons mayonnaise

3 drops Tabasco sauce

1/4 teaspoon nutmeg

Preheat oven to 350°. Grease 9 or 10 inch pie pan. In medium bowl beat 1 egg, add rice and Swiss cheese. Stir well and spread the mixture in pie pan to make crust. Refrigerate until ready to fill and bake. Can be done the day before. Cook spinach, press in strainer to get all the liquid out. Add oleo and set aside.

In medium bowl beat remaining 3 eggs; stir in salt, cottage cheese, Parmesan cheese, mayonnaise, tabasco and nutmeg. When well blended stir in spinach. Pour into rice crust. Bake 40 - 45 minutes or until firm. To serve cut into wedges. Serves 6 - 8.

Mrs. W. A. Stringer (Barbara)

### EASY EASTER QUICHE

*1 unbaked 10 inch pie shell with high fluted edge*  
*6 strips bacon cooked until crisp and crumbled*  
*6 egg yolks*  
*10 ounce can condensed Cheddar cheese soup*  
*Dash of Tabasco*  
*6 egg whites, stiffly beaten*

Sprinkle crumbled bacon into pie shell. Combine cheese soup with egg yolks and beat until well blended. Stir in Tabasco. Fold in beaten egg whites. Pour mixture into pie shells. Bake in pre heated oven at 325° 40 - 45 minutes, until puffed and golden brown. Serve warm, cut into wedges. Garnish with bacon curls, chopped chives.

Mrs. W. A. Stringer (Barbara)

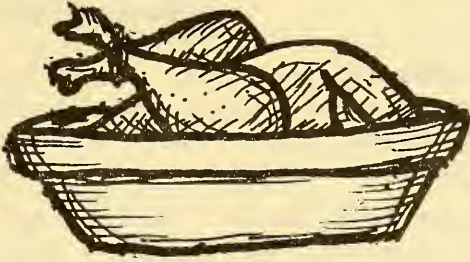
### WELSH RAREBIT

<i>1/2 pound cheese</i>	<i>2 eggs</i>
<i>1/2 cup cream</i>	<i>1 tablespoon butter</i>
<i>1 can beer</i>	<i>Salt and pepper to taste</i>

Cut cheese in small pieces - put in pan, stir as it melts and when it begins to melt, add butter. As soon as it looks smooth, add eggs, beaten separately. Then cream. Stir constantly until very smooth. Add bottle (can) of beer and serve on crackers. (If thin put in a little flour.

Mrs. John Bragaw  
Submitted by Lalla Bragaw

## POULTRY



### ROAST TURKEY

Prepare one 12 to 14 pound frozen pre-basted turkey. Thaw as label directs. Remove giblets and neck and cook separately, by boiling in salted water until tender. Reserve giblets for gravy and broth for making dressing. Rinse bird and drain well. Salt and pepper all over and place bird in roaster pan. Roast at  $325^{\circ}$  for  $4\frac{1}{2}$  to  $4\frac{3}{4}$  hours. During last two hours cover loosely with a "tent" of foil. If using a meat thermometer, insert into center of thigh close to body but not touching bone. Bird is done when thermometer reaches  $185^{\circ}$  - leg feels "loose".

### CORN BREAD DRESSING

1 pan of corn bread(see recipe)	Chicken broth to moisten
3 cups chopped celery	(2 cups)
4 cups chopped onions	Poultry seasoning 1 or 2
Salt & pepper to taste	teaspoons

Crumble corn bread into large bowl. Saute' celery and onion lightly in oleo; add chicken broth and cook until celery & onions are soft. Dump onto corn bread and let soak a few minutes. Whencooled a little add seasonings. Work it all together with hands. Check for seasoning. Put in 3 quart oblong casserole and bake at  $400^{\circ}$  for 30 or 40 minutes - until it starts to brown on top.

Thelma Allen



EAST CAROLINA OYSTER STUFFING  
(For Turkey, chicken, duckling)

1 quart oysters	1 tablespoon Worcestershire
1/2 cup chopped celery leaves	1/4 stick butter
2 1/2 cups grated bread crumbs	2 1/2 tablespoons cooked
2 teaspoons salt	crumbled bacon

Fresh shucked oysters are preferred. Leave bread exposed 4 hours before grating. If oysters have been washed or are in a can, do not use juice - use 2 1/2 tablespoons cooked bacon and 1/2 stick butter.

Cut oysters in pieces (if large). Melt butter and cool before mixing all of above ingredients by lightly tossing with fork and packing loosely into cavity of fowl. If too much for cavity, place overage in open pan and cook in oven until lightly browned on top. Sprinkle with a touch of paprika and serve with meal as a side dish.

William Blount Stewart

PRESSED CHICKEN

2 chickens (broilers, 2 lbs. each)	1 teaspoon lemon juice
3 cups water with 1 teaspoon salt	Red pepper
1 envelope + 1 teaspoon gelatin	

Cook chicken in 3 cups water with 1 teaspoon salt. Cool. Remove skin and take meat from bones in large pieces. Soak 1 envelope + 1 teaspoon of gelatin in 1/4 cup water until softened.

Cook chicken broth down to 3 cups. Skim grease. Season with 1 teaspoon lemon juice and red pepper. (This should be a strongly seasoned broth) Add gelatine to hot broth and stir until dissolved.

Line loaf cake pan with Reynold's Wrap (about 9 x 5 pan). Put chicken in pan and cover with broth. Refrigerate. This makes 8 large slices. I cut it with a very sharp knife while in pan, then turn out on serving dish.

Arrange lettuce, tomato wedges, avacado slices around chicken loaf and serve with home made mayonnaise.

Mrs. Harry McMullan, Sr.

## CHICKEN SPAGHETTI

5 hens (medium sized) or 4 large size boiled, remove meat and cut into pieces. Fryers may be used)  
4 packages long spaghetti  
2 cans cream of mushroom soup    3 pods garlic, chopped  
1 stalk celery    1 tall can ripe pitted olives  
1 bottle "hot" ketchup    2 jars spanish olives (Med.)  
3 small cans tomato sauce    6 boiled eggs  
4 medium onions diced    2 lbs. Kraft American Cheese  
Salt, pepper, Lee & Perrin, to taste

In chicken broth (approximately 2 quarts) put onions, garlic, celery, tomato sauce, ketchup, salt and pepper, Lee & Perin and cook until tender. Stir in mushrooms and soup.

Add spaghetti with any remaining chicken broth or enough water to cook spaghetti. When cooked, add chicken, olives cut up hard boiled eggs and half the cheese. Stir to mix well over low heat or use electric roaster. Grate remaining cheese to cover top of spaghetti. Serve hot. (Avoid cooking too long after spaghetti is done or spaghetti becomes overcooked. Serves 50.

(Served at a Senior Supper in Texas with green salad and French (garlic) bread)

Marilyn Franz

## CHICKEN CACCIATORA

1 large frying chicken, cut up    1 - 8 oz. can tomato paste  
1/4 cup olive or salad oil    2 cups hot water  
1 onion, chopped    1/4 cup dry red wine  
1 clove garlic, minced    1 bay leaf, crumbled  
1/2 cup mushrooms, fresh or    1/4 teaspoon allspice  
canned    1/2 teaspoon salt

Sprinkle cut-up chicken with salt and pepper. Brown in olive oil or salad oil in heavy skillet or electric frying pan. Push chicken to side and add onions, garlic and mushrooms. Cook and stir a few minutes. Mix tomato paste with remaining ingredients and pour over chicken; stir well. Cover and simmer very gently for 30 minutes. Uncover and simmer until sauce is as thick as you like it. Serves 4.

Thelma Allen

## CHICKEN ENCHILADA CASSEROLE

12 tortillas (flour or meal) May not use all of them  
1 cooked chicken (boned and cut up) 3 cups chicken stock  
1/2 cup ripe olives (drained) 1 can cream of mushroom soup  
1/2 cup (4 oz) green chili, 1 can cream of chicken soup  
chopped  
4 green onions chopped Salt & pepper to taste  
1 1/2 cup grated cheddar cheese

In one cup of chicken stock soak then cut tortillas in quarters. In greased casserole arrange layer of tortillas, layer of chicken, olives, chiles, onions and cheese. Repeat layer.

Mix 2 cups chicken stock, mushroom and chicken soup. Pour over casserole. Top with more grated cheese. Bake at 350° for 45 minutes. Serves 8 to 10 generous servings.

Marilyn Franz

## SOUTH CAROLINA CHICKEN"BOG" OR CHICKEN"PERLO"

1 - 5 pound hen 2 cups celery  
4 cups rice 1 tablespoon bacon drippings  
2 medium onions

Cook hen in large pot with water to cover. Add salt & pepper and a little cut up celery, or a few celery leaves. When tender, cool and debone hen, reserving stock, and cut hen into bite-size pieces.

In heavy pot or Dutch oven, saute' onions and celery until tender. Add 8 cups of reserved stock and bring to a boil. Add 4 cups rice and simmer for 15 minutes- Add the chicken, salt and pepper generously. Stir once or twice, but keep the lid on as much as possible, for rice to steam on very low heat for about an hour. Serve with a tossed salad. Serves 12 to 14.

Thelma Allen

## CORNISH HENS AND WILD RICE

3 cornish hens, split in half      2 tablespoons butter  
1 package long grain & wild      1 can cream of mushroom  
rice mix with seasoning packet      soup  
1 package dry onion soup mix      1 1/2 cups chicken broth

Melt butter and grease a 9 x 14 casserole with it. Sprinkle with the onion soup mix. Spread on uncooked rice mix over the onion soup mix and sprinkle with the contents of the seasoning pack. Place hen halves on top. Mix the mushroom soup and broth (I make mine with Instant Chicken Consomme: 1 teaspoon per cup) and pour this mixture over all. Cover tightly with foil and bake at 350° for ] 1/2 hours. Serves 6.

Mrs. Vernon Allen (Thelma)

## PARTY BAKED CHICKEN

Breasts & legs of 2 - 3-3 1/2 pound fryers - 1 stick butter  
1 cup chopped onion      1 can mushroom soup  
1 cup chopped celery      Pepperidge Farm dressing - 2 cups

Salt and pepper chicken. Place skin side up in casserole - do not crowd. Cover chicken with onion and celery. Dot with butter. Add water to depth of 1/2 inch in pan. Cover tightly with foil. Cook 350° for 1 1/2 hours. Remove foil. Spoon soup into chicken stock - sprinkle chicken with dressing. Bake uncovered until soup is blended, and dressing is browned.

To serve: Place chicken on platter filled with rice. Garnish with parsley and serve with broiled peach halves.

Rena Terrell

## CHICKEN ROMANA

1 - 2 1/2 pound chicken	1 tablespoon rosemary
2 tablespoons butter	1 1/2 teaspoons salt
1/2 minced garlic clove	1/2 cup chicken broth
1/2 cup olive oil	1 tablespoon wine vinegar

Have chicken quartered. Salt, pepper and flour chicken and saute' quarters in oil and butter until lightly browned; add garlic and rosemary, continue saute'ing until golden brown. Add wine vinegar and chicken broth; place in a casserole and bake at 350° until ready to serve - about 20 minutes. Serves 4. Serve with white wine.

Mildred McM. Rumley

## BAKED CHICKEN

6 chicken breasts or choice pieces of 2 fryers	3 tablespoons Durkees Sauce
1 stick butter	1 package Pepperidge Farm Herb dressing
6 tablespoons mayonnaise	
1 tablespoon worcestershire sauce	

Wash chicken pieces and drain on paper towels. Melt butter and combine in a bowl with mayonnaise, worcestershire and Durkees. Dip chicken pieces in this sauce and roll in Pepperidge Farm stuffing. Place in oblong casserole and bake at 325° for 1 hour 15 minutes. Serves 6.

Martha Templeton, Litchfield  
Beach, S. C. (Thelma Allen)

## FILIPINO CHICKEN

1 chicken about 3 pounds cut up, salt & pepper	3 bay leaves
3 tablespoons shortening	1/3 cup soy sauce
5 cloves garlic	1/2 cup vinegar
	1 cup water

Brown chicken in shortening which has been heating in a skillet. Add remaining ingredients in order given. Cover and bring to a boil, lower heat and simmer 1 hour or until tender. Remove liquid and use as gravy over rice.

Mrs. Carl Jackson (Tillie)



# MADRAS CURRIED CHICKEN WITH RICE

(A favorite lunch in South India )

Chicken (1 1/2 to 2 pounds)	2 cups chicken broth
1 teaspoon salt	2 teaspoons lime juice
2 medium sized onions	1 cup chopped celery
2 tablespoons butter	1 small package rice
2 tablespoons Madras curry powder	Sweet mango chutney

Cover chicken with water, add salt and a few stems of celery. Boil until chicken is tender and easy to cut, or shred. Remove chicken from pot (but keep the broth). When cool enough to handle, slice meat from bones. Cut into bite size cubes or shred. Sauté chopped onion in butter in saucepan. Add curry powder, chicken broth, chopped celery, and cup and a half of cut-up chicken. Stir together and stew until well mixed. Add two teaspoons of lime juice.

Serve over generous portions of rice, with sweet mango chutney, and papadums, if available. Other relishes can be used, such as chopped tomato, onion, green pepper, etc. (Curry powder may be decreased or increased according to taste. It is advisable to have a cool beverage close by!) Shrimp, lamb, or other meat may be substituted for chicken. Serves 6.

Mrs. J.H.B. Andrew (Charlotte

## JARL'S GOLFING BARBECUE CHICKEN

1 2 - 2 1/2 pound fryer (halved or quartered)  
 8 ounce Caroline Treat Barbecue Sauce  
 3 cups water  
 Salt, garlic salt, lemon pepper and Morton's Natural Seasoning to taste.

Heat oven to 250°. Rub chicken with salt, garlic salt, lemon pepper and natural seasoning. Place chicken, skin side down in small broiler pan. Pour water and sauce into pan over and around chicken. Go out and play 9 holes of golf (2 hours). Turn chicken skin side up and cook 2 hours longer. Baste several times during last hour. More water may be added if necessary.

Grey Bowers

## MOTHER'S CHICKEN SUPREME

1 1/2 cups cut-up chicken      Pinch salt  
3/4 cup crushed pineapple      1 cup whipping cream, whipped  
6 tablespoons chopped pecans      1 cup mayonnaise

Mix chicken, drained pineapple and nuts, add salt. Blend cream with mayonnaise. Fold two mixtures together. Put in tray and freeze. Serves 10. Cut in squares on lettuce and garnish with tomato slice.

Mrs. Hobart Brown (Flora Belle)

## CHICKEN BREAST WITH VERMOUTH SAUCE

4 Boned breast (halves)      Lemon pepper, salt, pepper  
1/4 cup butter      1/4 to 1/2 cup Vermouth

Flour, salt and pepper chicken breasts to taste. Sprinkle with lemon pepper. Saute' slowly 250° in butter until softly brown and done. Remove to warm platter. Add Vermouth to pan drippings, stir and boil until thickened. Pour over chicken. Slow cooking prevents chicken drying out.

Grey Bowers

## BARBECUED CHICKEN

Small chicken, halved or quartered      1 cup vinegar  
1 small red pepper (or 1/2 teaspoon      Pinch salt  
pepper flakes)      2 tablespoons sugar

Salt and lightly flour chicken, put on foil lined pan and broil until browned. Make sauce of vinegar, salt, pepper and sugar by bringing to boil in a saucepan. Pour sauce over chicken, cover pan with foil and baste several times while cooking. Bake at 350° for an hour or more or until very tender.

Mildred McM. Rumley

## CHICKEN WITH TARRAGON

1 - 3 pound chicken	Salt & pepper to taste
2 tablespoons flour	1 Bay leaf
3/4 cup melted butter	Pinch of Thyme (fresh is possible)
2 or 3 shallots	2 sprigs parsley
1/2 cup dry white wine	1 small bunch fresh Tarragon
1/2 cup chicken broth	

Cut chicken into serving pieces. Combine flour, salt and pepper and coat chicken (reserve any left over flour). Brown lightly on all sides in butter 4 or 5 minutes. Cut shallots very fine and spread over chicken. Simmer for a few minutes. Add wine, broth and herbs, using only the stems of the tarragon and saving the leaves for the sauce. Cover and simmer 25 minutes or until chicken is tender. When tender, remove and keep hot.

Sauce: 1 cup cream and tarragon leaves. Add any flour left to pan drippings. Add cream and simmer gently until sauce thickens. Strain sauce over chicken and garnish with tarragon leaves.

Mrs. Chester K. Hayes (Judy)

## CHICKEN ROSEMARY

1 broiler chicken, quartered	1/2 teaspoon salt
1/2 cup frozen orange juice concentrate	1/2 cup water
	1 teaspoon cornstarch

Preheat oven to 350°. Arrange chicken in a shallow baking dish. Combine orange juice concentrate, 1/2 teaspoon fresh Rosemary, salt, water and cornstarch in small saucepan, heat and stir until smooth and thick. Spoon over chicken and bake one hour. Serves 4.

Verna T. Attmore

,

3 cups flour                                      2 teaspoons baking powder  
3 cups chopped chicken                      1 teaspoon salt  
2 tablespoons chopped onion              1/4 teaspoon pepper  
2 tablespoons chopped parsley  
Enough water to make a thick batter

In mixing bowl, combine 3 cups flour, onions, parsley, baking powder, salt and pepper. Add enough water to make a thick batter. Stir in thoroughly 3 cups finely chopped chicken. Drop the batter from a tablespoon into hot deep fat (375°) and fry until they are golden brown and puffed.

Mrs. John Hudson (Peggy)

### CHICKEN DIVAN

6 chicken breasts, cooked & deboned 1/2 teaspoon curry  
1 can cream of chicken soup powder (or more)  
2 packages frozen broccoli spears 1/4 lb. grated sharp  
1/2 cup mayonnaise cheese  
1 tablespoon lemon juice 3/4 cup dry bread crumbs

Arrange broccoli in casserole and place chicken breasts on top. Mix soup, mayonnaise, lemon juice and curry powder and spoon over all. Top with crumbs and grated cheese. Bake at 350° for 30 minutes, or until "bubbly".

Note: "Be sure to cook chicken breasts in water to cover, seasoned with salt, pepper and a little chopped celery. Save this stock for your soups or to cook rice in".

Mrs. Vernon Allen (Thelma)

### CHICKEN BREASTS MADEIRA

8 chicken breast halves	2 tablespoons lemon juice
1 1/2 cups grated sharp cheese	1/2 teaspoon seasoned salt
1 cup onion, finely chopped	1/4 teaspoon black pepper
1 cup celery finely chopped	1/2 teaspoon Tabasco
1 can cream of chicken soup	1 4 oz. can sliced mushrooms and juice
1 can cream of mushroom soup	1 teaspoon Worcestershire
1/2 cup Madeira	
1/4 cup dry Sherry	

Mix last 12 ingredients. Arrange chicken breasts in a casserole and pour mixture over them. Let stand overnight in refrigerator, turning once at least. Sprinkle grated cheese over top, cover with foil and bake at 275° for 2 1/2 to 3 hours. Serves 8.

Mrs. Vernon Allen (Thelma)

### EASY PAELLA

1 frying chicken, boiled	1 large can (16 oz) artichoke hearts
1/2 lb. shrimp, cooked & shelled	1/4 teaspoon saffron
1 cup instant rice	1 1/2 cups liquid reserved from vegetables or chicken
1 can or 8 oz. carrots	Garlic salt & pepper
1 can or 8 oz. boiled onions	
1 (4 oz.) can pimentoes	

Put 1 1/2 cups of liquid into a large skillet. Bring to a boil and add rice. Cover and let stand 10 minutes. Add all remaining ingredients. Cook covered over low heat until hot through, stirring occasionally. Serves 6.

Mrs. Garland Homes ("Boo")



## CHICKEN SPAGHETTI

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 - 5 lb. hen - cooked & deboned | 1 Tablespoon cooking oil      |
| 2 medium bell peppers, chopped   | 2 #2 cans tomatoes            |
| 3 onions                         | Salt & pepper                 |
| 3 stems celery                   | 1 teaspoon worcestershire     |
| 1 can mushrooms                  | 1/2 lb. grated cheddar cheese |
| 1 medium size box spaghetti      |                               |

Saute' peppers, onion and celery in cooking oil. Add to-  
matoes, seasonings, mushrooms and cheese. Cook spaghetti  
in salted water and add to chicken mixture. Simmer until  
hot. Serves 10.

Mrs. W. A. Stringer (Barbara)

## CORDON BLEU CHICKEN

- |                               |                             |
|-------------------------------|-----------------------------|
| 3 whole chicken breasts       | 2 tablespoons butter        |
| split, skinned & boned        | 1 can cream of chicken soup |
| 3 slices Swiss cheese (4 oz)  | 1/4 cup milk                |
| cut in half                   | Chopped parsley             |
| 3 slices boiled ham (in half) |                             |

Flatten breast halves thin and top with half-slices of ham and cheese. Fold over and secure with tooth picks. In skillet brown chicken in butter, stir in soup and cover. Cook over low heat about 30 minutes until tender. Sprinkle with chopped parsley. Serves 6.

Mrs. Vernon Allen (Thelma)

COMPANY - CHICKEN CASSEROLE

- |                           |                             |
|---------------------------|-----------------------------|
| 6 cooked chicken breasts  | 1 stick melted margarine    |
| 1 carton (cup sour cream) | 33 Ritz (or similarly rich) |
| 1 can cream chicken soup  | crackers                    |

Place cut up (bite size) chicken in bottom of casserole.  
Mix sour cream and chicken soup and spread over(or stir up).  
Crumble crackers over top. Pour melted butter over all.  
Bake 350° for 20 minutes. Serves 8 or 10.

Mrs. Irwin Hulbert, Jr. (Frances)

## BRUNSWICK STEW

Veal, beef and pork, ground 2 1/2 lbs onions  
together to make 2 pounds 1 bottle worcestershire  
2 frying size chickens or 1/4 teaspoon red pepper  
one large hen 1/4 teaspoon black pepper  
3 large cans tomatoes 1 tablespoon sugar  
2 small cans butter beans Salt to taste  
2 small can corn  
18 medium size potatoes,,  
cooked, mashed and creamed

Steam chicken in small amount of salted water until tender.  
(Save broth) Remove from bones and shred. In large pot,  
put chicken, veal, beef and pork, tomatoes, onions, wor-  
cestershire, red and black pepper, salt and sugar. Simmer  
together for 1 1/2 hours, then add butter beans, corn. Cook  
another 1/2 hour, then add creamed potatoes last. If this  
stew is too thick, thin with chicken broth. Feeds the  
multitude.

Mrs. Henry Rumley (Mildred)

## DELICIOUS CHICKEN CASSEROLE

1 - 2 to 2 1/2 lb fryer, cooked, deboned and cubed  
6 oz. cooked regular & wild 2 cups Mayonnaise  
rice 1 - 8 oz. can water ches-  
1 can cream of celery soup nuts (thinly sliced)  
1 minced onion 2 - 16 oz. cans French  
1 - 2 oz. jar pimentoes green beans (drained)

Mash pimentoes or use sliced ones. Mix all ingredients.  
Put in greased 3 quart casserole. Sprinkle with paprika  
and parmesan cheese. Bake in preheated oven at 350° for  
35-40 minutes. Serves 12. Freezes beautifully. 1 can  
sliced mushrooms optional.

Pat Tankard Brown

## CHICKEN CASSEROLE

2 cups diced chicken	3/4 cup mayonnaise
1 cup celery (cook in water 5 minutes - drain)	2 tablespoons chopped onion
1 cup cooked rice	1 can water chesnuts -sliced
1 can Cream of Chicken soup	1/2 cup slivered almonds
	Pimento as desired

Mix together and place in casserole - top with 1 cup crushed cornflakes mixed with 1/4 stick melted butter. Bake at 350° for 30 minutes. "May be prepared ahead of time or frozen. Serves 6 to 8.

Toddy MacKenzie

## EASY CHICKEN CASSEROLE

1 - 2 1/2 lb chicken cut up  
1 can onion soup  
1 can mushroom soup  
Minute Rice (use amount stated on box for number of servings)

Place rice in bottom of casserole dish. Place chicken on top of rice. Mix together onion and mushroom soup. Pour over chicken and rice. Bake 1 hour at 350°. Serves 4 - 6.

Kay Sharpe

## CHICKEN-MUSHROOM CASSEROLE

4 chicken breasts	Fresh or canned mushrooms
1/2 pint Sour cream	(optional)
1 can cream of mushroom soup	Pepperidge Farm dressing

Boil chicken, saving broth. Butter baking dish. Layer cut up chicken pieces in dish. Combine soup, mushrooms, Sour cream, and a little broth for easy spreading and cover chicken with misture.

Make up the Pepperidge dressing as directed, using broth instead of water and butter. Place dressing on top of chicken and soup mixture. Bake 30 minutes at 350°. Serves 6.

Linda Seale

## CHICKEN NAPOLI

4 Chicken breast (Halves)      1/3 cup lime juice  
1 cup butter  
2 envelopes (5/8 oz.) Italian Salad dressing mix

Melt butter; add dressing mix and lime juice. Place chicken in baking pan skin side up. Coat with butter mixture. Turn skin side down. Coat with butter mixture. Bake 350° for 1 hour. Good hot or cold.

Grey Bowers (from N.C. Dept.  
Agriculture)

## CHICKEN & SAUSAGE CASSEROLE

1 large or 2 small chickens (boiled & deboned)  
2 pounds bulk sausage (hot) cooked & drained  
2 medium onions chopped (1 1/2 cups)  
2 cups chopped celery      2 cans cream of mushroom soup  
1 cup chopped bell pepper      1 large can mushrooms-stems &  
3 packages Onion Soup mix      pieces  
2 1/2 cups long-grain rice

Saute' onions, celery and peppers in 3 tablespoons sausage drippings. Add chicken, sausage and mushrooms to this. In heavy pot boil 9 cups water with 3 packages onion soup mix added to it and the mushroom liquid. Boil 9 minutes. Add rice and cook nine minutes. Stir in mushroom soup. Place meat mixture in large casserole with rice mixture on top. Bake at 350° covered for one hour. Serves 12 to 14.  
(May be made ahead and frozen).

Vera Preston, Florence, S.C.  
by: Mrs. Vernon Allen (Thelma)

## CHINESE CHICKEN

1 fryer cut in pieces	1 package Lipton dried onion
1 - 12 oz. jar apricot preserves	soup
	1 - 8 oz. bottle Russian dressing

Mix preserves, onion soup and Russian dressing. Pour mixture over chicken in shallow baking pan. Cover with aluminum foil. Bake 1 1/2 hours at 350°.

Marie Winslow

## CHICKEN BREASTS ITALIENNE

8 chicken breast halves	6 tomatoes, peeled &
1 tablespoons oil	chopped in pieces
3 or 4 zucchini squash, sliced	1 cup dry red or white wine
2 green peppers, seeded &	or 1 cup tomato juice
sliced into strips	1 teaspoon salt
3 medium onions, peeled & sliced	1/2 teaspoon pepper
2 cloves garlic, minced or crushed	1 teaspoon oregano
1 - 8 ounce package spinach noodles, cooked in salted water and drained.	

In an electric fry pan - or large skillet, brown chicken breasts in vegetable oil. Add zucchini, green pepper, onion and garlic. Add tomatoes, wine, salt, pepper and oregano. Cover skillet and cook over low heat for 45 minutes or until breasts are fork-tender. Serve over cooked spinach noodles. 8 servings.

Mrs. Vernon Allen (Thelma)



## CHICKEN CHESTNUT SOUFFLE

9 slices white bread, crusts removed (save for bread crumbs)	
4 cups cooked cubed chicken	4 eggs, well beaten
1 - 8 oz. can mushrooms (bits & pieces) drained	2 cups milk
1/4 cup oleo, melted	1 teaspoon salt
1 - 8 oz. can water chestnuts, drained & sliced	1 can cream of mushroom soup
9 slices sharp cheddar cheese	1 can cream of celery soup
1/2 cup mayonnaise	2 oz jar chopped pimientos, drained
	2 cups buttered coarse bread crumbs (use crusts from bread)

Line a 13 x 9 baking dish with bread slices. Add cubed chicken. Saute' mushrooms in oleo and spoon over chicken. Top with water chestnuts and cheese slices. Combine beaten eggs with mayonnaise, milk & salt and pour over all. Combine soup and pimientos and pour over top. Cover with aluminum foil and refrigerate at least 4 hours or overnight. Bake uncovered in 350° oven for 30 minutes. Remove cover and add buttered breadcrumbs and bake at 350° for 20 minutes. Serves 8.

Mrs. Hilda Garretson, Bethel  
By: Thelma Allen

## CHICKEN TERRIYAKI

2 chickens (1 3/4 lb each)	4 cups Burgandy wine
2 teaspoons soy sauce	2 teaspoons Beau Monde Spice
4 teaspoons sugar	Island salt
4 teaspoons ginger	2 teaspoons accent
4 teaspoons Kitchen Bouquet	1 - 1/2 #2 can pineapple chunks

Fry chicken lightly in hot fat to seal in juice, using only salt and pepper. No flour. Take chicken from hot fat and dip into the sauce. Arrange in skillet and add any remaining sauce. Cover and cook slowly 1 1/2 hours at 275°. Look at chicken every 20 minutes and if it seems to be drying out, add a little wine or water. Half hour before serving, remove cover, add 1 1/2 #2 cans pineapple chunks and juice. Run under broiler for a minute or two for a crisp, brown finish.

From: Carolina Inn, Chapel Hill  
By: Mildred McM. Rumley

## CHICKEN & GREEN NOODLE CASSEROLE FOR 12

4 pound hen cooked & deboned (Add salt, pepper, and little celery to pot while cooking) (Reserve stock)  
1 cup chopped bell peppers      1 can cream mushroom soup  
1 cup chopped onion      1 small jar stuffed olives  
1 cup chopped celery      1 large can mushrooms (stems and pieces)  
1 stick oleo      Black pepper to taste  
1/2 lb sharp cheese, grated      1 package spinach noodles

Cut cooked chicken into small pieces. Saute' onion, bell pepper and celery in the oleo. Mix with cheese, mushroom soup, mushrooms, olives and chicken. Cook noodles in reserved chicken stock. Drain noodles and layer in large casserole with chicken mixture on top. Bake at 350°, uncovered, until "bubbly" - about 40 minutes. Sprinkle slivered almonds on top, if you wish. Serves 12.

Mrs. Vernon Allen (Thelma)

## MEE MAW'S CHICKEN TETRAZINI (borrowed from Mary Lib Partrick)

8 ounces spaghetti      1 whole onion  
2 cups chicken      1 small green pepper  
1 can cream of mushroom soup      1 small jar of pimentos  
1 can cream of celery soup      1/2 handful fresh mushrooms  
1 can cream of chicken soup

Saute' onion, pepper, mushrooms and pimentos for 10 minutes. Cook spaghetti in chicken stock, then mix all ingredients; put in casserole and top with sharp cheddar cheese. Bake at 400° for about 30 minutes. Serves 6.

Boo Homes

## CHICKEN CASSEROLE

1 can cream of celery soup	1 can (303) cooked peas
1 cup water	4 oz. pimento, diced
1 teaspoon salt	2 tablespoons chopped parsley
1/4 teaspoon Worcestershire	1 can French fried onions
Dash pepper	
2/3 cup Minute rice	
1 1/2 cup diced, cooked chicken	

Combine soups, water, salt, worcestershire sauce and pepper in saucepan; bring to boil over medium heat. Remove from heat and add all remaining ingredients except onions. Pour into buttered baking dish. Heat at 450° for 15 minutes. Add onions on top and bake 3 more minutes. 6 servings.

Mrs. N. Henry Moore, Jr.

## CHEESY CHICKEN CASSEROLE

1 large chicken, cooked & cut up	2 - 8 oz. cream cheese
2 - 10 oz. packages frozen	2 cups milk
Broccoli spears, cooked & cut	1 teaspoon garlic salt
into bite size pieces	3/4 cup Parmesan cheese

Melt cream cheese in double boiler. Add milk to make a sauce, when smooth add Garlic salt and Parmesan cheese. Layer in 3 quart oblong dish. Broccoli first, then chicken and sauce. Bake at 325° for 25 minutes. Serves 12.

Frances Sallé

## CHICKEN CASHEW CASSEROLE

4 cups cooked diced chicken	1/2 cup onion, finely chopped
1 cup cashew nuts, chopped	2 cans cream of mushroom soup
2 cans chinese noodles	1 cup chicken broth(not fat)
1/2 stick butter	1 tablespoon Soy sauce
2 cups diced celery	1/2 teaspoon salt & black pepper

Sauté celery and onions in butter. Add all the other ingredients except the nuts and noodles; simmer for 5 minutes. Place in buttered 3 quart casserole, top with the cashew nuts and Chinese noodles and heat in 350° oven for 20-25 minutes. Serves 10.

Thelma Allen

## CHICKEN & DRESSING CASSEROLE

1 - 5 pound hen  
1/2 pound oleo or 1 cup chicken fat  
8 tablespoons flour  
Salt & pepper to taste

3 eggs  
1/2 teaspoon Accent

Cook hen until tender in water with salt, pepper and a little celery. Cool, debone and cut in little pieces. Reserve broth. Melt 1/2 pound oleo (or 1 cup chicken fat) Blend in 8 tablespoons flour and add 4 1/2 cups broth. Cook until thick and remove from heat. Beat 3 eggs and add a little bit of hot cream sauce to them, then blend with rest of sauce. Season to taste with salt and pepper and add accent. Let stand 4 hours or overnight (it will be thick).

1 1/2 loaves stale bread  
1 whole stalk celery, chopped  
3 large onions

3 eggs  
Oleo or chicken fat & broth  
to moisten  
Salt, pepper & sage to taste

Cube bread - Saute' onions and celery in oleo (or fat) until tender. Add to bread in a large bowl. Add 3 beaten eggs and broth to moisten, but keep it rather dry and crumbly. Butter a large casserole and layer in this order: dressing, custard chicken, then more custard. Top with buttered bread crumbs. Bake at 350° for about one hour. Serves 15 to 18.

Mrs. Robert Kidwell (Judy)

## BAKED ALMOND CHICKEN

2 cups cooked cut up chicken  
1 cup celery - cut up  
1/4 cup minced onion  
1 cup Miracle Whip

1 cup grated Swiss cheese  
1/3 cup toasted almonds

Mix and bake at 350° for 35 minutes. Serves 6.

Frances Sallé

## DUMPLINGS FOR STEWED CHICKEN

1 1/2 cups flour                      1 1/2 teaspoons baking powder  
1/2 teaspoon salt                    2/3 cup of milk.  
Pinch of cayenne (optional)

Sift flour, salt, cayenne, and baking powder together twice. Add milk to this; mixing thoroughly but quickly. Drop by small tablespoons into the boiling chicken stew. Cover and boil gently for about 35 minutes. Do not remove top during cooking time.

William Blount Stewart

## HOT CHICKEN SALAD

2 cups cooked chicken, cut up  
2 cups chopped celery  
1/2 cup toasted almonds  
2 tablespoons lemon juice  
1/2 teaspoon accent  
Chopped onion                      1/2 cup grated cheese  
1 cup mayonnaise                   1 cup crushed potato chips

Combine first 7 ingredients and place in casserole dish. Top with cheese and chips. Bake at 350° for 1/2 hour.

Patti Campbell

## CHICKEN LOAF

4 cups diced cooked chicken    3 cups rich chicken stock  
1 cup cooked rice                2 tablespoons grated onion  
2 cups bread crumbs              Salt and pepper to taste  
3 beaten eggs  
1 cup milk

Mix all ingredients together and pour in large flat pan. Bake for 1 1/2 hours in a 350° oven.

Sauce:

1 can chicken soup  
1 can mushrooms

Combine without adding water to soup and heat. Serves 10.

Sue Nicholson



## ROAST LONG ISLAND DUCKLING

The first Peking ducks to arrive in this country - nine of them - landed in Stonington, Conn., in 1873. In 1890 a bay fisherman in Eastport, Long Island set a nest-full of Peking duck eggs under a brooding hen. The hatch was successful. The industry has snowballed and we have hundreds of duck farms today.

### Recipe

*Wash and rub dry a 5 pound duck. Season inside and out with salt. Fill cavities with apple dressing (cubes of apple and raisins). Truss the duck and roast in an uncovered deep pan in a slow oven, 300 F, allowing 20 to 30 minutes per pound. Add a pinch of thyme to the pan. Baste every 10 minutes with drippings, adding a little water if needed. Cook until nicely browned and tender. Remove duck. Place cooking pan on top of stove after removing excess fat. Scrape brown drippings free from pan and thicken them with flour, adding a little water; also thinly sliced mushrooms may be added to the drippings. The gravy made with these drippings is excellent. Serves 3 - 4.*

*Serve with currant jelly or a tart apple sauce, candied yams, fresh Brussels sprouts and hot buttered biscuits.*

William Blount Stewart

## CHICKEN CROQUETTES

1 hen, boiled, skinned and meat run through grinder	1 large tablespoon butter
Dry mustard, salt & cayenne to taste	1 large tablespoon flour
1 large tablespoon butter	Small slice onion, chopped
1/4 cup Sherry wine	1 cup chicken stock
	2 egg yolks & whites
	Cracker crumbs

Saute' onion in butter, add flour; stir in chicken stock, chicken, yolks of eggs. Cook until thickened. Add sherry when cold. Roll in unbeaten whites (to which 2 tablespoons water has been added), then in crumbs. Fry in hot fat.

Mrs. Harry McMullan, Sr.

## BROILED CHICKEN BREAST

12 chicken breasts	2 tablespoons worcestershire
2 glasses current jelly	4 tablespoons lemon juice
1 large glass water	Salt and cayenne to taste
2 tablespoons cornstarch	
2 teaspoon allspice	

Place chicken breasts in a large pan. Mix rest of ingredients, bring to a boil and pour this sauce over chicken. Bake 20 minutes at 475° then bake 40 minutes at 350° in uncovered pan. Baste often. May need thinning. Serve with cooked rice. Serves 12.

Mrs. Harry McMullan, Sr.

## SEAFOOD

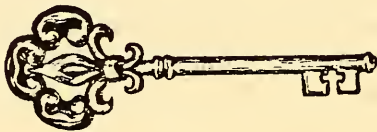


### DEVILLED CRABS

1 pound crabmeat	1 stick butter, melted
3/4 cup cracker crumbs	1 Tablespoon prepared mustard
Juice of two lemons	1 Teaspoon salt
Dash of Worcestershire	Dash or two of cayenne
1 small can evaporated milk	2 hard boiled eggs, grated
	1/2 cup bread crumbs for topping

Pick over crabmeat and flake. Combine with all the rest of the ingredients except bread crumbs for top. Mix well and put in shells. Sprinkle with crumbs and bake at 375° for 20 minutes. Serves 8 or 9. ("Given to me by Mary Hazel Lucas").

Mrs. Clark Rodman (Mavis)



### How to Cook Crabs

Have one inch of water in the pot in which crabs are to be cooked. Add 2 or 3 tablespoons of vinegar and salt to this. Put in crabs when water boils. Steam crabs for 25 to 30 minutes. The vinegar and steam make the crabs easy to pick. (From "Charleston Receipts")

## CLAM SAUCE FOR SPAGHETTI

$\frac{1}{4}$ cup of olive oil	1 cup of water
1 small onion chopped	$\frac{1}{2}$ teaspoon marjoram
2 cloves of garlic	$1\frac{1}{2}$ teaspoons sugar
1 can (30 oz.) tomatoes	1 teaspoon salt or accent
2 cans (8 oz.) tomato sauce	$\frac{1}{4}$ teaspoon of pepper
$\frac{1}{2}$ cup of sherry	2 can ( $7\frac{1}{2}$ oz.) minced clams
1 cup chopped celery (optional)	1 tablespoon of parsley

Heat oil and add onion and garlic. Cook at medium heat 10 minutes. (May add celery.) Add tomatoes, tomato sauce, sherry, water, marjoram, accent, sugar, salt, pepper, and liquid from clams. Simmer uncovered over low heat for  $1\frac{1}{2}$  to 2 hours or until thickened. Add clams and parsley. Heat through. Serve over spaghetti or shells on a warm platter. Serves 6.

Mrs. W.A. Stringer (Barbara)

## BAKED FLOUNDER FILETS

2 lbs. flounder filets	$\frac{1}{2}$ teaspoon salt
1 cup sour cream	$\frac{1}{4}$ teaspoon pepper
1 teaspoon of celery salt	1 cup rich buttery cracker crumbs
1 teaspoon paprika	$\frac{1}{2}$ cup finely chopped walnuts
1 teaspoon lemon juice	(optional)
1 teaspoon of Worcestershire	

Skin filets. Combine sour cream, celery salt, paprika, lemon juice, Worcestershire sauce, salt, and pepper. Chill 30 minutes to blend flavors. Combine crumbs and walnuts. Dip fish in sour cream mixture and roll in crumb mixture. Place fish in single layer in a well greased 15x10x1 inch baking pan. Bake at  $375^{\circ}$  for 18 to 20 minutes or until fish flakes easily when tested with a fork. Serves 6.

Mildred M. Rumley

## CRAB CAKES

1 to 1½ lbs. crabmeat, flaked	1 teaspoon dry mustard
1 cup soft bread crumbs	(optional)
2 eggs, beaten	¼ teaspoon ground thyme
2 tablespoons onions, finely chopped	1/8 teaspoon salt
2 tablespoons green pepper, finely chopped	¾ to 1 cup all-purpose flour
1 teaspoon Worcestershire sauce	Hot vegetable oil
	Hot sauce or cocktail sauce

Combine first 9 ingredients, stirring well. Form into patties and chill well. Mixture will be slightly loose. Dredge crab cakes in flour. Fry in hot oil, turning once. Drain on paper towels. Serve with hot sauce or cocktail sauce, if desired.

Approximately 6 servings.

Margaret Brewbaker

## JARL'S CRAB CAKES

1 lb. crab claw meat	¼ teaspoon black pepper
1 cup mashed potatoes	½ teaspoon seafood seasoning
½ cup diced onions	2 teaspoons lemon juice
1 teaspoon salt	2 teaspoons chopped parsley
2 teaspoons Worcestershire sauce	1 egg

Mix crab meat, potatoes, and onions. Add seasonings and beaten egg. Form into cakes. Fry at 350° until brown and crisp.

Grey Bowers

## BASS FINGERS

Cut Bass in finger size pieces  
Marinate in Heinz 57 sauce 2 hours.  
Dredge in packaged pancake mix.

Fry 1½ to 2 minutes each side in cooking oil.

Mrs. Marjorie Holland



## CRAB FILLED BUNS

1 cup green olives, pitted and sliced	1 tablespoon lemon juice
1 cup crabmeat or 6 ounce can	Salt
1½ cups diced Swiss cheese	Pepper
1/3 cup mayonnaise	6 hamburger buns
	1 teaspoon grated onion

Slice olives in large pieces. Flake crabmeat. Combine olives, crabmeat, cheese and onion. Blend in mayonnaise and lemon juice. Stir into first mixture. Butter the buns and spread with crabmeat mixture. Wrap in foil and bake for 25 minutes at 350°. Allow to stand 5 minutes before servings.

Mrs. W.A. Stringer (Barbara)

## CRAB AND CHEESE

1 lb. crabmeat	1 tablespoon butter
6 oz. Velveta Cheese	Seafood seasoning to taste

Combine all ingredients in a double boiler and heat until cheese and butter are melted. Serve over toasted English muffins with sliced tomatoes.

Donna Parry



## CRABMEAT CASSEROLE

1 lb. of crabmeat	3/4 cup milk
3 hard boiled eggs	1 teaspoon Worcestershire
3/4 cup Hellman's mayonnaise	1 teaspoon lemon juice
1 cup Pepperidge Farm herb dressing	3/4 teaspoon salt
	Dash of cayenne pepper

Soak herb dressing in the milk and mix with the other ingredients. Place in a casserole and bake at 350° for 20 to 30 minutes. May be topped with crumbs and dotted with butter or sprinkled with grated cheese. Serves 6 to 8.

Athy Cooper

Mildred M. Rumley

## CRAB MEAT LUNCHEON DISH

6 strips of bacon	1 teaspoon salt
1 large white onion finely chopped	1 lemon
1 pound crab meat	1/8 teaspoon cayenne
4 large eggs	2 teaspoons Worcestershire sauce

Broil bacon until crisp, remove from fat and drain on paper towel. Saute onion in bacon fat until lightly browned and tender. Flake the crab meat and remove hard membrane. Add onion with beaten eggs, salt and cayenne. Scramble together in buttered skillet over low heat until eggs set. Garnish with lemon wedges and bacon strips.  
Serves 4-6.

Mrs. Herbert C. Bonner  
(Eva Hassell)

## CRAB MEAT LOUIS

2 pounds fresh crab meat  
1 head of escarole  
1 head of lettuce

Chop greens in large salad bowl. Place crab meat in center and sprinkle with finely diced parsley, chives and chervil.

### SAUCE

1/4 cup mayonnaise	1/4 cup chili sauce
1/2 cup French dressing	1/4 cup catsup

Salt and pepper to taste. Pour over crab and greens.  
Toss and serve.  
Serves 8.

From the Waldorf Astoria, N.Y.C.  
Mildred Rumley

## BAKED CRAB

1 lb. crabmeat (backfin or claw)	Lemon juice to taste
2 hard boiled eggs, chopped	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup mayonnaise	$1\frac{1}{2}$ teaspoon horseradish
$\frac{1}{2}$ cup sour cream	Red pepper to taste
1 teaspoon prepared mustard	

Mix all ingredients and place in greased casserole. Sprinkle with bread crumbs, dot with butter and bake in a slow oven at  $350^{\circ}$  for 5 to 10 minutes or until hot. Do not overcook. If individual baking dishes are used, cook in less time. Serves 6-7

Mary McLaurin

## CRAB LUSCIOUS

4 tablespoons butter	1 teaspoon salt
2 tablespoons flour	1 cup heavy cream
1 tablespoon parsley (cut)	2 cups crabmeat
2 teaspoons lemon juice	2 eggs, hard boiled (chopped)
1 teaspoon prepared mustard	$\frac{1}{2}$ cup buttered bread crumbs

Melt the butter; add flour and stir until bubbly. Slowly add the cream and stir until smooth. Add the rest of the ingredients and place in a casserole. Bake at  $400^{\circ}$  for 10 minutes. Serves 4 to 6

Mrs. Graham Ramsey

## CRAB IMPERIAL

1 lb. crabmeat	1 teaspoon capers
1 can pimento, cut fine, and all the juice	$\frac{1}{2}$ cup mayonnaise
1 teaspoon Worcestershire sauce	Salt to taste
Juice of $\frac{1}{2}$ lemon	Red pepper to taste
	$\frac{1}{2}$ cup of dry bread crumbs

Mix all together and put in a casserole. Cover the top with bread crumbs and dot with butter. Bake in  $300^{\circ}$  oven for 25 minutes. (1 pound of shrimp and 1 tablespoon of mayonnaise added to this makes a good combination.) Serves 6

Mary Grist Bowers

## CRAB STROGANOFF

1 pound of crabmeat	2 Tablespoons of all
1 (3 oz.can) mushroom caps	purpose flour
2 tablespoons butter	1 (8 oz.) carton commercial
1 cup of finely chopped onion	sour cream
½ cup of finely chopped celery	¼ cup of sherry (optional)
½ teaspoon of salt	dash of pepper
1 (8oz. package) spaghetti noodles or rice.	

Drain mushrooms, reserving liquid, set aside  
Melt butter, add onions and celery, saute over low heat  
4 minutes, add mushrooms and flour, stir until flour is well  
blended. Combine sour cream and reserved mushroom liquid  
stirring well. Add sour cream mixture to vegetable  
mixture stirring well, add crabmeat and sherry and cook over  
low heat 5 minutes.

Butter noodles generously and arrange on a serving plate.  
Spoon crabmeat over noodles. Serves 4 to 6.

Margaret Brewbaker.

## MY MOTHER'S CRAB AND SHRIMP CASSEROLE

8 Tablespoons of butter or oleo	8 Tablespoons of Sherry
8 Tablespoons of flour	1 1/2 cups sharp grated
2 cups of half and half	cheese
Salt and pepper to taste	
2 Pounds of cooked shrimp	
1 Pound of crabmeat	
2 Small cans of mushrooms	

Make sauce of the first four ingredients, add the wine  
and cheese.

Mix shrimp, crabmeat and mushrooms and place in a buttered  
casserole.

Pour sauce over.

Bake in a moderate oven until brown on top.

Serves 8 to 10.

Athy Cooper

## SHRIMP NEWBURG

2 cups cooked, cleaned shrimp	1 tsp. salt
$\frac{1}{2}$ cup sherry	$\frac{1}{4}$ tsp. dry mustard
3 tbs. butter or oleo, melted	Dash pepper
2 tbs flour	2 tbsps. lemon juice
1 cup cream	4 cups hot cooked rice
4 hard-boiled egg yolks, pressed through sieve	

Sprinkle shrimp with  $\frac{1}{4}$  cup sherry and let stand 1 hour. Make a white sauce of melted butter, flour and cream. Add the sieved egg yolks gradually and stir until smooth. Add salt, mustard, pepper and lemon juice. When ready to serve, stir in shrimp and rest of sherry. Heat through and serve over hot rice. Serves 4.

Mrs. Vernon Allen (Thelma)

## CASSEROLE SUPREME

8 slices of white bread, cubed	4 eggs
2 cups of shrimp or crabmeat	1 teaspoon salt
$\frac{1}{2}$ cup of mayonnaise	1 can of mushroom soup
1 onion, chopped	1 cup of grated cheese
1 cup of celery, chopped	Sprinkle of paprika
3 cups milk	

Place  $\frac{1}{2}$  of the cubed bread on bottom of greased baking dish large enough for 12 to 14 servings. Mix the meat, mayonnaise, celery, onion, and salt. Spread on top of the bread cubes. Place the other  $\frac{1}{2}$  of the bread cubes on top. Mix eggs and milk and pour over the mixture. Put in the refrigerator over night. The next day bake at 325° for 15 minutes. Remove from oven and pour soup over it. Sprinkle cheese over the top and sprinkle with paprika. Bake 1 hour at 325°.

"This is from Sam's aunt, Mrs. Margaret Blomquist; she is one of the best cooks in the world. It is really delicious."

Carlotta Mordecai



## BONELESS SHAD

1 large roe shad	Salt and pepper
½ stick oleo	1 lemon sliced
4 to 5 bacon slices	1 cup water

Take cleaned and gutted shad and rub with oleo. Sprinkle all over with salt and pepper. If you do not have a baking dish large enough, use a large roasting pan to put the fish in. Arrange lemon slices and bacon on top and pour 1 cup of water in pan. Bake covered at 250° for 8 hours.

Mrs. Vernon Allen (Thelma)

## FISH WITH MAYONNAISE

2 pounds of fish filets	2 teaspoons sugar
1 bay leaf	2 to 3 teaspoons prepared mustard
3 peppercorns	
2 tablespoons of vinegar	1 to 1½ cups mayonnaise.

Place the fish in a pot and cover with cold water, add bay leaf, peppercorns, vinegar, and onion. Bring to a boil and cook 20 minutes. Cool.

Remove skin and bones—check carefully— and break into small pieces with a fork. Add sugar, mustard, and mayonnaise, depending on the dryness of the fish. Mix well.

Add 3 or 4 capers. Serve cold with green salad.

Serves 4.

Mrs. Marjorie Holland

## "SLEEPY DAYS" FISH

8 Drum steaks	3 hard-boiled eggs
5 pieces Streak O'lean	8 white potatoes,
5 Bermuda onions	diced and cooked.

Gently boil drum steaks until tender. Remove skin and bones, and break into walnut-size pieces. Reserve stock and strain. Chop the Streak O'lean and fry. Reserve the drippings. Boil the potatoes until tender.

In a large serving dish toss the fish and potatoes. Cover with diced raw onions, crisp pieces of fried meat, and sliced eggs. Cover all of this with a gravy made with the fried meat drippings and the strained fish stock.

Serves 8

Mildred M. Rumley

"Ocracoke recipe. Tis said you eat so much of this good fish dish, it makes you sleepy and you have to nap".

#### OYSTER DRESSING OR CASSEROLE

- Cook      1 box (6 oz) cornbread "Stove Top", 15 Min.  
             stuffing mix, according to package directions.
- Add      1 pint fresh oysters and mix together lightly  
             with a fork.
- Grease    1 nine inch pyrex pie dish or casserole and  
             put mix in evenly.
- Bake      350 deg. for 15 to 20 mins.

This recipe is good with chicken or turkey or as luncheon or supper dish with salad and dessert.

Gelda D. Raeburn

#### PANNED OYSTERS ON TOAST

- |                       |                           |
|-----------------------|---------------------------|
| 4 tbsp butter         | 1 tbsp minced celery tops |
| 1 quart large oysters | 1 tbsp lemon juice        |
| 1 tbsp minced chives  | Salt and pepper to taste  |
| Toast points          | 1 tsp minced parsley      |

In a skillet, heat butter over high setting, reduce heat to low, add celery tops and oysters. Cook stirring constantly until oysters curl at edges. Add lemon juice and chives. Season to taste with salt and pepper. Spoon oysters over toast, pour on sauce and sprinkle with parsley.

Mildred McM. Rumley

## OYSTER PIE

1 pint oysters	1/2 teaspoon salt
6 slices bacon	1/4 teaspoon red pepper
2 cups sliced, fresh mushrooms	1/4 cup chopped fresh parsley
1/2 cup onion, chopped	2 tablespoons lemon juice
1/4 cup plain flour	1 tablespoon margarine,
Biscuit topping*	or butter, softened

Drain oysters; dry between absorbent paper. In skillet, cook bacon until crisp; remove, drain and crumble, saving 3 tablespoons drippings. In this add mushrooms, onions and green onions and saute 5 minutes or until soft. Blend in flour, salt and pepper. Stir in oysters, bacon, parsley and lemon juice. Turn into greased pie plate, and cover with biscuit topping. Cut a few slits on top and bake at 400° for 20 to 25 minutes or until lightly browned. 6 servings.

Mildred McM. Rumley

### \* BISCUIT TOPPING

1½ cups all-purpose flour	3 tablespoons butter
2¼ teaspoon baking powder	½ cup milk
¼ teaspoon salt	

Sift dry ingredients together, cut in butter until it is like coarse crumbs. Add milk all at once and mix to a soft dough. Turn onto lightly floured surface. Knead about 5 or 6 times. Shape into a ball, then roll out to a 9 inch circle and fit it over the top of the pie plate, crimping edges together.

Mildred McM. Rumley

## SCALLOPED OYSTERS

1½ cups coarse cracker crumbs	8 tbsp melted butter
1 pint oysters	1/2 tsp salt
1/4 tsp pepper	1/2 cup oyster liquid
2 cups milk	

Mix, sprinkle a few crumbs on top, dot with butter. Bake 30 minutes at 450° oven

Tillie Jackson

## SCALLOP CASSEROLE

1 lb scallops	3 oz melted butter
2 cups basic white sauce (medium)	1/2 cups cracker or dry bread crumbs
4 oz grated Cheddar cheese	1/2 lb sliced fresh mushrooms
3 stalks celery (diced)	1/1 med. onion (diced)
1/2 green pepper (diced)	

Add 2 oz of the melted butter and all vegetables to frying pan over low heat. Simmer 10 min., add scallops and heat 5 min., add white sauce and heat thoroughly. Pour 1/2 scallop mixture into casserole dish, sprinkle with 1/2 of cheese and bread crumbs. Pour in other half of scallop mixture. Top with remaining cheese, bread crumbs and butter. May be made a day early. Serves 6. Bake 350 degrees for 25 minutes.

"Boo" Homes

## CAPE HENRY SCALLOPS

1 lb scallops, fresh or frozen	1/2 cup margarine or butter
1 cup sliced fresh mushrooms	2 tbsp minced onion
2 tbsp all-purpose flour	1/2 tsp salt
1 1/2 cups half & half	4 egg yolks, beaten
1/2 Tsp thyme	1/4 tsp basil
1/2 cup fresh breadcrumbs	1/3 cup grated swiss cheese
1/4 tsp paprika	1 tsp melted butter or margarine

Thaw scallops if frozen and wash. In skillet, melt 1/4 cup butter. Add scallops and mushrooms. Cook for 3 to 4 min., or until scallops are done. Divide scallops and mushrooms into 6 individual shells or ramekins. In small sauce pan melt 1/4 cup butter, add onions and cook until tender. Stir in half and half and cook until thickened, stirring constantly. Add this sauce to the egg yolks gradually stirring constantly. Heat just until thickened. Stir in thyme and basil. Spoon sauce over scallops. Combine bread crumbs, cheese, paprika and a tablespoon butter. Sprinkle on top of sauce. Place shalls on baking tray and bake 400° for 10 to 15 minutes or until hot and bubbly. Serves 6

VIRGINIA SEAFOOD

Mildred McM. Rumley

## CANTON SHRIMP

1 can pineapple tidbits and juice (#211 can or 1½ cups)	¾ cup coarsley chopped green pepper
1 can tomato sauce (8 oz)	¾ cup diagonally sliced celery
3 tbs cider vinegar	3 tbs granulated sugar
2 tbs soy sauce (more if desired)	3 tbs cornstarch
1 large can Chinese noodles	1 lb cooked shrimp

Combine the first seven ingredients in a saucepan and bring to a boil. Combine cornstarch and enough water to form a paste and add to vegetable mixture, stirring constantly. Boil one min., then add shrimp and heat until hot. Serve over noodles. Serves 6.

Note-- Adding a can of mixed chow mein vegetables makes it even better.

Mrs. Carl C. Jackson (Tillie)

## SHRIMP CREOLE

1½ lb shrimp	4 Tbs butter
½ cup diced celery	½ cup chopped onion
1/3 cup chopped green pepper	2 cans tomatoes
¼ tsp pepper	3 tbs Worcestershire
¼ tsp garlic salt	1/3 tsp paprika
1 tbs lemon juice	2 tbs minced parsley
3 tbs flour	1 tsp celery seed
2 bay leaves	

Brown celery, onions, pepper in butter. Add parsley and flour. When blended, add tomatoes, seasoning. Add cooked shrimp last. Cover and simmer for 15 min. Serve over rice. Serves 7-8.

Mrs. Lee Cooper (Athy)



## SHRIMP JAMBALAYA

<i>3/4 cup chopped green pepper</i>	<i>8 cups cooked tomatoes</i>
<i>1/2 cup diced celery</i>	<i>4 cups cooked red beans</i>
<i>3/4 cup chopped onions</i>	<i>salt and pepper to taste</i>
<i>1/2 cup finely chopped parsley</i>	<i>3 teaspoons chili powder</i>
<i>3 tbs. flour</i>	<i>9 cups cooked brown rice</i>
<i>1/2 pound bacon</i>	<i>6 cups cooked shrimp, in pieces.</i>
	<i>3 dozen cooked oysters</i>

Cut bacon slices into quarters. Combine bacon, celery, onions, parsley, green pepper, flour in a deep iron skillet and cook on top of stove slowly until onion starts to brown. Add tomatoes, red beans, salt and pepper to taste, chili powder and cook until thick. Add brown rice, shrimp pieces and oysters. Stir well and reheat under low flame. Serve with hot italian bread (garlic and butter sauce), and a good tart aspic. Serves 25

Wm. Blount Stewart

## SHRIMP AND HAM JAMBALAYA

<i>2 cups cooked shrimp</i>	<i>1 cup chopped celery</i>
<i>2 cups chopped cooked ham</i>	<i>1 can tomatoes</i>
<i>1 cup raw rice</i>	<i>1 cup tomato juice</i>
<i>2 cups chopped onions</i>	<i>salt &amp; pepper to taste</i>
<i>1 tbs. bacon drippings</i>	<i>1 tsp. paprika</i>

In dutch oven, saute onions and celery in bacon drippings. Add 1 cup tomato juice, plus juice from can of tomatoes (2 $\frac{1}{4}$ C), salt & pepper and bring to a boil. Add rice, cover tightly and cook 20 minutes on medium heat. Add shrimp and ham and mix well. Put the lid back on and leave on warm for 20 to 30 minutes. Serves 6-8.

Mrs. Vernon Allen

### CURRIED SHRIMP RICE

<i>1½ cup minute rice</i>	<i>¾ teaspoon curry powder</i>
<i>1½ cup boiling water</i>	<i>½ teaspoon salt</i>
<i>½ teaspoon salt</i>	<i>½ teaspoon dry mustard</i>
<i>¼ cup bottled French dressing</i>	<i>½ cup diced celery</i>
<i>¾ cup mayonnaise</i>	<i>1 pound cleaned, cooked</i>
<i>1 tablespoon minced onion</i>	<i>shrimp</i>

Combine rice, water, and salt in sauce pan. Cook. When rice is cool, toss lightly in French dressing. Refrigerate until thoroughly cool. Blend together mayonnaise, onion, curry, salt, pepper, and mustard. Refrigerate until ready to serve. Just before serving, add to rice and shrimp. This recipe can be made ahead and chilled until ready to serve.

Mrs. Katherine Nicholson  
(Kat-byrd)

### FLOUNDER AMANDINE

<i>6 Flounder Filets</i>	<i>1/2 cup white wine</i>
<i>1/2 cup flour.</i>	<i>1 tablespoon lemon juice</i>
<i>1 stick oleo</i>	<i>1/3 cup slivered almonds</i>
<i>Salt &amp; pepper</i>	

Wipe flounder filets, lightly sprinkle with salt and pepper and dust with flour. Saute' in oleo on both sides. When done remove to platter and pour lemon juice over. Put almonds in butter left in skillet and stir over medium heat until toasted. Add to wine, heat, then pour over fish. Garnish with parsley and lemon slices. Serves 6.

### SHRIMP FRIED RICE

2 cups cooked rice (1 cup raw )	1 can mushrooms
5-6 slices bacon	2 lbs. shrimp
1 large onion	salt & pepper
1 pimento	$\frac{1}{4}$ cup soy sauce
1 small green pepper	

Steam rice, fry bacon crisp. Saute in drippings onion, pepper, pimento and mushrooms. Add rice and fry until golden brown. Five minutes before serving add cooked shrimp, crumbled bacon, soy sauce . Serves 4-6

Grey Bowers

### SHRIMP IN SAUCE

1 lb. shrimp, boiled	$\frac{3}{4}$ tbs. worcestershire
$2\frac{1}{2}$ tbs. butter	cayenne pepper
1 cup milk	salt
3 tbs. catsup	paprika
	cooked rice

Make white sauce by blending flour in melted butter in large saucepan. Stir in 1 cup milk (may need a little more if it gets too thick). When sauce has thickened, stir in the catsup and worcestershire. Add the shrimp and stir until well heated. Season to taste by the salt, cayenne pepper, and paprika. Serve over cooked rice. Serves 4

Erin Tayloe

### SHRIMP PANNED IN BUTTER

1 lb. shrimp	$\frac{1}{2}$ tsp. seafood
$\frac{1}{4}$ cup butter	seasoning
1 tbs. lemon juice	$\frac{1}{4}$ cup Vermouth
1 tsp. Worcestershire	Salt & pepper to taste

Saute shrimp in butter. Salt and pepper. Add remaining ingredients. Cook down. Serve immediately.

Grey Bowers

## SHRIMP GUMBO

1 stick oleo  
2 medium onions, chopped  
1 pod garlic, chopped  
½ cup green pepper, chopped  
2 or 3 stems of celery, chopped

Melt the oleo (low heat) in a skillet and saute the vegetables until tender. Remove from skillet and place in large saucepan leaving oleo. Brown 2 Tbs. of flour in the oleo then add: 3 cups water, 1 cup tomato sauce, 1 tbs. worcestershire sauce, one or two drops of Tabasco sauce to taste. Simmer 5 or 6 minutes, stirring often then pour over vegetables. Add 1 quart shrimp or 1 or 1½ cups crab meat. Salt & pepper to taste and cook on low heat for about 30 minutes. A ½ or ¾ cup cut okra may be chopped into gumbo during the last few minutes of cooking if desired. Serve over cooked rice.

Marilyn Franz

## SEAFOOD ROGERE

Make a cream sauce from:

4 tbs. butter	1 bay leaf
4 tbs. flour	pepper, salt, paprika
2 cups coffee cream	dash of cayenne
1 small onion	1/4 cup dry white wine
	dash of Lea & Perrins sauce

Have ready the following:

2 cups boiled shrimp	12 oysters
1 cup crab meat	3 hard boiled eggs chopped
3 cups flaked white fish	1 can mushrooms chopped
which has been cooked the	½ pound American cheese,
night before in butter, with	coarsely grated.
limejuice, paprika, salt.	

Put in buttered baking dish in layers in order given. Cover with sauce. Top with cracker crumbs and dot with butter and more cheese. Bake about 1 hour at 350°. Serves 8 for a main course or 20 if served with another main dish for a buffet.

Mrs. James E. Wallace (Marian)

## SEAFOOD NEWBURG

2 pounds of cooked shrimp, crab, or lobster, or a combination of both.

$\frac{1}{2}$ cup of melted butter or oleo	$1\frac{1}{2}$ cups of milk
$\frac{1}{2}$ cup of flour	1 can of mushrooms (optional)
1 teaspoon of dry mustard	1 teaspoon of salt
1 teaspoon of paprika	$\frac{1}{2}$ c up of sherry
1 cup of heavy cream	

Melt the butter, stir in flour, mustard, and paprika, Cook over a low heat 2 to 3 minutes, gradually add the milk and cream, stirring constantly until smooth and thickened. Stir in shrimp and mushrooms, salt, and sherry.

Lee Bloeser

## CLAM FRITTERS

2 cups of minced clams	1 teaspoon of grated horseradish
2 eggs	$1\frac{3}{4}$ cups of flour
$\frac{1}{2}$ cup of milk	1 teaspoon of baking powder
$\frac{1}{2}$ teaspoon of salt	dash of cayenne pepper.

Beat the eggs, add milk. Sift the flour with the seasonings and baking powder. Add the milk and egg mixture to the dry ingredients, add horseradish. Stir clams into the batter and drop by spoonfuls into hot oil and fry until brown. Drain. Serve hot with chili sauce.

Mildred M. Rumley.

## FRIED POMPANO FILETS

4 pompano filets, skinned	$\frac{1}{4}$ cup sesame, peanut, or corn oil
milk	$\frac{1}{2}$ cup of butter
flour	$\frac{1}{4}$ cup freshly chopped parsley
salt and pepper to taste	

Barely cover the filets with milk and let them stand for an hour. Drain well. Shake in a bag with flour, salt, and pepper.

Cook turning once, in hot oil until golden.

Pour melted butter over fish and sprinkle with parsley.

Serves 4.

Mildred M. Rumley



### MAKE AHEAD TUNA CASSEROLE

2 cans tuna (chunk style)	2 cups Chinese noodles
1 can mushroom soup	$\frac{1}{4}$ cup minced onion
$\frac{1}{2}$ cup water	1 cup chopped celery
1 cup cashew nuts	1 tablespoon soy sauce
1 4 oz. can button mushrooms	

Drain tuna and break into bite-size pieces. Mix soup, water, soy sauce and combine with tuna, mushrooms and all other ingredients except one cup Chinese noodles. Mix gently and place in casserole and refrigerate; When ready to bake, sprinkle with remaining cup of noodles and bake 40 minutes at 375°.

Serves 4 to 6.

Mrs. Robert L. Smith (Mary Lee)

### TUNA ALMOND CASSEROLE

$\frac{1}{2}$ medium onion	2 6½ oz. cans tuna
$\frac{1}{2}$ small green pepper	1 can cream of celery soup
1 2 oz. can sliced mushrooms	$\frac{1}{2}$ cup sour cream
$\frac{1}{2}$ canned pimento, diced	$\frac{1}{4}$ teaspoon salt
2 tablespoons bread crumbs	$\frac{1}{8}$ teaspoon monosodium glutamate
2 tablespoons butter or margarine	$\frac{1}{4}$ cup slivered almonds
2 cups fine noodles	

Peel and chop onion fine; cut green pepper into small pieces. Melt butter and stir in bread crumbs. Cook noodles in lots of boiling salted water. Drain well. Drain oil from tuna into skillet. Add onions and pepper and cook until tender but not browned. Add tuna and flake with a fork. Stir in soup, sour cream, mushrooms and pimento. Add salt, monosodium glutamate and almonds. Place cooked noodles in casserole. Spoon over tuna mixture. Top with bread crumbs. Bake about 25 min. at 350°.

Serves 4 to 6.

Hallene Cayton

## BROILED SOFT-SHELLED CRABS

6 soft-shelled crabs  
6 tablespoons melted butter  
Juice of  $\frac{1}{2}$  a lemon

Salt and pepper to taste  
A few drops of tobasco

Clean and wash crabs,

Combine all other ingredients and dip the crabs in this mixture. Broil 5 to 10 minutes.

Pour remaining mixture over crabs and serve on toast points.

3 servings.

Mildred M. Rumley.

## LOBSTER COQUILLE

2 cups cooked lobster, diced	1 - 3 ounce can sliced
1 can cream of mushroom soup	mushrooms, drained
1 egg, beaten	$\frac{1}{2}$ cup bread crumbs
1 cup grated cheese, divided	2 tablespoons white wine

Combine beaten egg with undiluted soup and half the cheese. Heat, stirring until cheese melts. Stir in lobster, mushrooms and wine. Put into scallop shells, sprinkle with bread crumbs and remaining cheese, then with paprika. Bake at 400° for 15 minutes. Serves 6.



*Chill cheese to grate it more easily.*

### OVEN BAKED SHRIMP

1 cup melted butter	2 cloves minced garlic
1/2 cup chopped parsley	1 tsp chopped chives
Dash cayenne	Dash paprika
2/3 cup sherry	Salt to taste
4 lbs cleaned raw shrimp	1 cup soft bread crumbs

Method. Melt butter, add all ingredients except shrimp and bread crumbs. Place shrimp in large flat casserole, spoon mixture over shrimp, add buttered bread crumbs. Bake about 325° for 20 min. Serves 8 to 10. "This is from Earl Gaskill Eastman of Beaufort, N. C. ".

Louise Satterthwaite

### SHRIMP CURRY

2 lbs shrimp	2 tbs butter or margarine
2 small onions, chopped	1 clove garlic, minced
2 tbs curry powder	½ tsp salt
1 can (8 oz) tomato sauce	1 cup chicken broth
3 tbs lemon juice	½ cup light cream

Cook shrimp, set aside. In saucepan, melt butter, add onion and garlic and cook until tender. Sprinkle in curry powder and salt. Stir to blend. Add tomato sauce and chicken broth. Cook over low heat, stirring occasionally, about 30 min. Stir in lemon juice, then cream. Add more curry powder if desired. Add shrimp and heat. Serve on hot rice. Garnish with toasted almonds. If desired, serve little dishes of chutney, toasted coconut and raisens, or other condiments such as chopped nuts, chopped scallions. grated hard cooked eggs, crumbled crisp bacon. Serves 6

Tillie Jackson

## SOUTH CAROLINA "PINE BARK" STEW

1 large can tomato juice (46 ounces)	8 or 10 medium onions, cut up
1/2 bottle catsup	8 flounder (if large fish are used, have them "steaked" in serving size pieces)
8 or 10 slices Streak O'lean with skin on	

In large pot with heavy bottom, fry streak o'lean until brown; remove and save. Dump the cut-up onions in and stir fry until translucent. Add one large can of tomato juice along with the catsup. Season with salt, pepper, Worcestershire and hot sauce to taste. Chip up the streak o'lean and return to pot, reserving the skins to be used as an appetizer. Simmer this sauce at least 20 minutes before you add the fish. When you add the fish, turn the heat up and let come to a boil; then simmer for 20 minutes. Serve in a bowl with cooked rice, placing the fish beside the rice. Cover all over with the sauce. All you need with this is cole slaw and sliced white bread.

Note: "This is my brother's recipe and I've never been able to improve on it". Serves 8.

Mrs. Vernon Allen (Thelma)

## PHIL'S ROCK MUDDLE

5 pounds steaked rock fish	1½ pounds bacon, diced
5 pounds potatoes, sliced	Crushed red pepper
5 pounds onions, sliced	Two 46 oz. cans tomato juice

Dice crisp, cooked bacon and place drippings in a large pot. Layer onions, potatoes and fish, beginning with onions. (Onions do not stick as easily as potatoes or fish.) Sprinkle bacon bits, red pepper, salt and pepper over each layer. Pour the tomato juice over all and bring to a boil. Simmer 45 min. Do not stir. Break as many eggs on top as desired and simmer 10 min.

Serves 12

(Phil Roberson's recipe)

Hallene Cayton



## THE HUNT AND THE FEAST

A strange excitement accompanies Autumn  
In our North Eastern North Carolina land.  
How we love this great hunt country  
And prepare these delicacies of game we can!

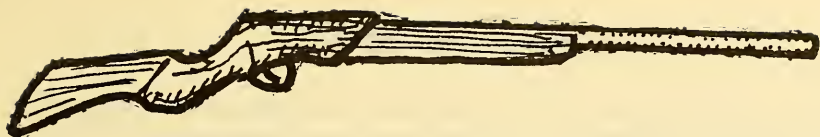
We would never refuse these delights,  
For that would definitely be  
Denying our splendid heritage  
And not a chance of that will you see!

How warm the memories - good friends, food and port,  
And that Banquet table and groaning board,  
Creaking gently as candles glimmered  
And warm fires roared.

Perhaps the crisp morning at dawn,  
Or the beauty of sun setting on the river.  
What is it surrounding the hunt  
That sets our blood a-quiver?

It comes from living close to the land,  
Delighting in the fields and rivers of the East.  
No other place do we want to be, and this  
Could account for our love of Hunt and Feast.





## WILD GAME

### PREPARATION OF DOVE AND QUAIL

Game birds should be bled, cleaned, and cooled as quickly as possible after shooting. Putting them in a cooler in the field is advisable if the weather is warm. They can easily be skinned if only the breast is to be used, which most prefer with dove. Quail can be skinned or plucked for using the whole bird. Soak for one half hour in water and salt (  $\frac{1}{4}$  cup salt to two quarts water) and rinse well. Freezing for a week or two tenderizes the birds. Young birds can be prepared most any way, but older birds must be stewed or braised for tenderness.

### BAKED DOVE

18 doves	2 teaspoons liquid smoke
2 tablespoons butter	1 tablespoon Worcestershire
2 tablespoons oil	sauce
Salt and pepper	4 strips bacon
$\frac{1}{8}$ teaspoon garlic salt	$\frac{1}{4}$ cup sherry wine
Juice & rind of $\frac{1}{2}$ lemon	$\frac{1}{4}$ cup water

Brown doves in butter and oil; salt and pepper liberally while browning. Remove doves to a baking dish. Sprinkle with garlic salt, lemon juice and rind, liquid smoke, Worcestershire sauce, and more salt and pepper. Cover the doves with bacon. Put sherry and water in skillet where doves were browned. Pour mixture over doves. Cover and bake in  $325^{\circ}$  oven for  $1\frac{1}{2}$  hours.

Mrs. Wade Hampton Waters, Jr. (Cathy)

## CHARLESTON POTTED DOVES

12 doves	4 tablespoons Worcestershire
6 slices bacon, halved	2 tablespoons margarine
1 cup catsup	Red pepper or hot sauce to taste
1 small onion, sliced	Salt & pepper

In skillet, add doves to a small amount of water and steam for about ten minutes with lid on. Remove doves and stir in all ingredients except bacon. Place doves back in skillet with strip of bacon over each. Cover and cook on very low heat for about an hour or until tender. Brown in oven for 3-5 minutes if desired. Must be careful to not overcook birds, so they won't be dry.

Mrs. Robert L. Barker (Kaye)

## DOVE OR QUAIL CASSEROLE

3 pounds quail or dove	6 tablespoons butter
1½ teaspoon salt	1/4 pound mushrooms
½ teaspoon paprika	15 oz. can artichokes (optional)
3/4 teaspoon pepper	2 tablespoons flour
3 or 4 tablespoons sherry	2/3 cup chicken consommé

Salt, pepper, paprika quail or dove and fry in 4 tablespoons butter. Place in casserole. Place artichokes in between quail or dove. Sauté mushrooms in 2 tablespoons of butter. Add 2 tablespoons flour. Stir in consommé and sherry. Cook 5 minutes. Pour over quail or dove. Cover and cook at 350° for one hour.

Mrs. Robert L. Barker (Kaye)  
given to me by Mrs. Robert J. Rich

## DOVE SLOW-DOWN

12 doves	6-8 cups cooked rice
6 tablespoons butter	Salt & pepper to taste
2 chicken bouillon cubes	Red pepper to taste (crushed)

Cook doves (covered) one hour in 3 quarts of water to which butter, bouillon cubes, and salt & pepper have been added, boiling gently. Add cooked rice and crushed red pepper. Stir mixture well and cook 30-45 minutes longer, covered. If you want to make the mixture thicker, add a paste made with 1 tablespoon flour and 2 tablespoons melted butter. This recipe is very suitable for large groups such as a large hunting party at the close of the kill.

Mrs. Robert L. Barker (Kaye)

## QUAIL

Skin birds and split open down breast. Salt and pepper inside and out. Sauté in butter and olive oil slowly until brown on both sides. Add  $\frac{1}{2}$  water and  $\frac{1}{2}$  white wine--enough to half cover the birds. Simmer, covered, until tender. Remove birds to heated platter to keep warm. Mix about  $\frac{1}{2}$  tablespoon flour with a little cold water until smooth. Blend into pan juices and stir until thickened. May need to add a little Kitchen Bouquet to darken gravy. Serve the birds on toast points with gravy poured over them. Serve with wild rice and whole baked tomatoes.

Mildred McM. Rumley

## ROASTED QUAIL

*1 quail per guest  
1 large or 2 small oysters per guest  
Pepper and salt to taste  
Breadcrumbs  
Butter and a strip of bacon per guest*

Wash and dry the quail. Sprinkle the oysters with a few breadcrumbs and salt & pepper; put into cavity of quail with  $\frac{1}{2}$  teaspoon butter. Tie a strip of bacon over breast of quail. Put quail in baking pan with some water and butter. Bake in a moderate oven for 25 minutes, baste frequently until well browned. Serve on a piece of thin toast and pour the rich gravy from the roasting pan over each one. White wine may be added to gravy before serving.

Mrs. Harry E. Stewart (Mae Blount)

## FRIED QUAIL

<i>Quail</i>	<i>Shortening</i>
<i>Flour</i>	<i>Cayenne pepper</i>
<i>Salt</i>	<i>Black pepper</i>

Mix flour, salt, black pepper, and cayenne to taste. Dredge the quail in the flour mixture and fry in shortening in hot skillet as in frying chicken. Delicious, sweeter and tastier than chicken.

A good variation: Remove fried quail from pan. Mix flour with pan drippings to make gravy. Add red wine to gravy and mix thoroughly (about half the amount of wine per amount of gravy you have). Place quail back in gravy and simmer five minutes.

Mrs. Robert L. Barker (Kaye)

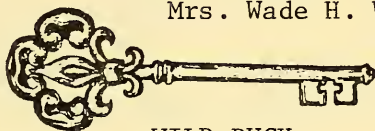
## QUAIL OR DOVE STEW

4-6 quail or dove	1 envelope onion soup mix
2 carrots, chopped	1 or 2 4-oz. can(s) mushrooms
1 rib celery, chopped	or ½ pound fresh mushrooms

Clean and skin quail or dove; remove all fat. Rinse well and soak in bowl of salt water. Cover and refrigerate overnight. Drain, place in saucepan, and cover with water. Simmer until tender--about 1½ hours. Remove quail or dove from broth and separate meat from bones.

To the broth add carrots, celery, and onion soup. Simmer until vegetables are tender. Add boned quail or dove and can(s) of mushrooms to the vegetable mixture and heat thoroughly. Thicken broth with flour and melted butter paste. Serve over creamed potatoes, dumplings, or rice.

Mrs. Wade H. Waters, Jr. (Cathy)



## WILD DUCK

### Preparation of Duck

After duck has been cleaned and dressed, it is most important to soak it in salt water (1/4 cup salt per gallon of water) for at least a couple of hours before cooking or freezing. To the second soaking water, add 2 cups vinegar. (Midway the time you allow for soaking, change the water.) Then rinse well and cook or wrap well for freezing. Following are directions for roasting duck.

## ROAST DUCKLING

1. If duck has been frozen, thaw and soak half an hour in salt water (1/4 cup salt per gallon of water).
2. Stuff duck with quartered apples and onions.
3. Pepper duck generously (rubbing with clove of garlic or sprinkling garlic powder is good but optional).
4. Place on rack in roasting pan and add ½ inch water. Baste with butter.
5. Cover tightly and roast in preheated oven at 350° for 30 minutes. Uncover, baste with butter, and roast thirty more minutes uncovered.
6. Serve with your favorite sauce. (See section on sauces for wild game in this chapter.)

Mrs. Robert L. Barker (Kaye)



## BLACK DUCK

1 duck	1 small can frozen orange juice
1 large apple	Ground cinnamon

Stuff duck cavity with apple slices. Baste duck thoroughly with orange juice and cover thickly with cinnamon (very thick). Cook  $1\frac{1}{2}$  hours at  $400^{\circ}$ , basting frequently with orange juice. Serve with wild rice.

Mrs. Dick Leach (Becky)

## WILD DUCK

4-6 ducks - split in half lengthwise (or 4-8 quail or dove)

4 tablespoons butter	2 cups chicken stock or
3 tablespoons flour	2 chicken bouillon cubes
1/2 cup white wine or sherry	dissolved in 2 cups water
	Salt and pepper to taste

Preheat oven to  $350^{\circ}$ . Brown ducks in butter in a frying pan. Place in a  $2\frac{1}{2}$  quart casserole. Add flour to remaining butter in pan. Stir in stock, wine, and seasonings. Blend well and pour over duck. Cover and cook for one hour. Serves 4-6. Is delicious served with wild rice.

Mrs. Dick Leach (Becky)

## ROAST DUCK IN PEACH SAUCE

1 duck	1 8-oz. jar peach preserves
1 bottle Russian Dressing	2 medium apples, quartered

Prepare duck for cooking, stuff with apples, and place in roasting pan. Mix dressing and preserves thoroughly. You may want to add a little water if consistency is really thick. Base duck with about half of mixture. Cover tightly and bake at  $325^{\circ}$  for 30 minutes. Uncover and baste with half of remaining mixture. Bake uncovered 20 minutes. Remove from oven and discard apples. Use remaining sauce on duck as you serve it. Four servings, depending on size and plumpness of duck.

Mrs. Wade H. Waters, Jr. (Cathy)

## SPECIAL ROAST DUCKLING

2 medium size ducks	Duck stock (from boiling wings in
4 tablespoons butter	a little water)
1 small chopped onion	Dijon mustard
Breadcrumbs	1/2 cup port Madeira
	Salt & pepper to taste

1. Roast ducks, covered, for 45 minutes. Cool and disjoint ducks. Slice meat from breast pieces. In skillet, melt butter and sauté onion. Stir in  $\frac{1}{2}$  cup duck stock and  $\frac{1}{2}$  cup port. Place breast pieces in mixture and simmer 15 minutes. When serving, pour remaining juice over slices of meat.
2. Take the legs and paint with mustard and roll in bread-crumbs. Lay in baking dish and sprinkle with drippings from pan in which ducks were roasted. Cook 20-25 minutes at 375° until somewhat browned. Serve on platter with breast pieces.

Recommended wines to serve with duck are a hearty red burgundy and a California red Pinot.

Mrs. Robert L. Barker (Kaye)

## ROAST WILD GOOSE

1 goose	3 stalks celery
3 apples	Salt and pepper to taste
3 onions	Poultry seasoning

Goose must be prepared for cooking in same manner as duck, concerning the soaking. If it has been frozen, thaw and soak in salt water 30 minutes, rinse and dry. Stuff with celery stalks, quartered apples and onions. Prick with fork around tail and wings. Place goose, breast side up, on rack in roasting pan with half-inch of water in bottom. Roast at 325° 30 minutes per pound for up to 8 pounds, 25 minutes per pound if over 8 pounds. Cover tightly the first three-fourths of cooking time and roast uncovered the last quarter of cooking time. When done, remove and throw away the celery, apples, and onions. Serve with wild rice. Serve sauce over servings of goose. Best sauces for goose are crabapple & port, and spiced apples. (see section on sauces and dressings for wild game in this chapter.)

(Continued on next page)

The preceding recipe is the simplest way to roast goose and is sure to be good if you take care in soaking and cleaning as directed in "Preparation of Ducks." Below is a bit more involved recipe, and very good:

#### WILD GOOSE WITH SOUR CREAM AND MUSHROOMS

5 to 8 pound goose	4 tablespoons flour
Garlic salt	1/2 teaspoon rosemary
Paprika	1/4 teaspoon thyme
1½ stalks celery, chopped	1¼ teaspoon salt
1 carrot, chopped	1 cup sour cream
1 onion, chopped	1 cup mushrooms
1 onion & 1 apple, quartered	4 tablespoons bacon fat

After goose has been prepared for cooking (soaking in salt water, etc.), wash and dry inside and out. Cut off neck and wing tips. Season inside and out with garlic and paprika. Stuff with apple and onion. Place on rack in shallow pan and roast uncovered at 325° for 1 hour or until browned. Simmer giblets, neck, and wing tips in water. Brown chopped celery, carrots, and onion in fat until soft. Stir in 1 tablespoon flour and blend in 1 cup of the broth from giblets. Season with rosemary, thyme, and remaining salt. Stir remaining two tablespoons flour into sour cream to keep it from curdling during roasting. Blend this into gravy. Add mushrooms to gravy. Remove the goose from shallow pan. Throw away the quartered apple and onion. Place goose in a roasting pan and pour gravy mixture over it. Cover tightly and continue roasting another 2 hours or until tender.

Mrs. Robert L. Barker (Kaye)

## HESTER ANNE'S RECIPE FOR WILD GOOSE

1 package Brown's Gravy	1 cup hot water
1/4 cup flour	2 tablespoons orange marmalade
1/2 teaspoon salt	1 small can frozen orange juice
2 tablespoons sugar	

Mix ingredients and pour over goose in a "Brown in Bag." Make slit in bag and bake in preheated 375° oven for 2½ hours. This is good for Long Island duckling, also.

"Boo" Homes

## BAKED PHEASANT

1 pheasant  
2 teaspoons salt  
1 pint sour cream

Rub salt in the pheasant and bake at 400° in oven for 1 hour in sour cream, basting often. Too much salt will curdle the cream. Thicken the gravy and serve with wild rice. Serves 2.

William Blount Stewart

## ROAST WILD TURKEY

Prepare for roasting, making sure bird is clean. Stuff with stuffing if desired. Place several strips of fat bacon across breast. Truss and cover during first half of cooking. Uncover for final half of cooking. Baste frequently with drippings during last half. Roasting should be 20-25 minutes per pound at 325° - 350°.

Mrs. Robert L. Barker (Kaye)



## RABBIT

### Preparation of Rabbits

Rabbits should be decapitated and dressed immediately after shooting. After skinning, pour scalding water over rabbit to remove loose hair. Disjoint, cutting into serving pieces. Soak one hour in solution of 1/2 cup salt and 2 quarts of water--enough to cover the rabbit. Then rinse the rabbit and soak 12-24 hours in solution of equal parts vinegar and water--enough to cover rabbit. Rinse and wipe dry. Rabbit is now ready for various recipes.

### RABBIT IN SOUR CREAM SAUCE

<i>1 rabbit</i>	<i>3 sticks cloves</i>
<i>Vinegar and water</i>	<i>1 bay leaf</i>
<i>1 sliced onion</i>	<i>1 cup sour cream</i>
<i>Butter</i>	<i>Salt &amp; pepper to taste</i>

Follow instructions in "Preparation of Rabbits" to prepare for cooking. Disjoint rabbit, wash, and place in pan. Add enough vinegar and water in equal parts to cover. Add onion, cloves, bay leaf, salt and pepper. Soak overnight at least 24 hours. Rinse and dry and brown in hot butter, turning frequently.. Add 1/4 inch of a solution of equal parts of vinegar and water. Cover tightly and simmer until tender (about 30-45 minutes). Do not boil. Just before serving, stir sour cream into rabbit and liquid.

Mrs. Wade H. Waters, Jr. (Cathy)

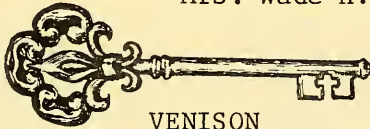


## RABBIT PIE

1 rabbit	2-3 potatoes
1 cup flour	Vegetable oil
2 onions	Salt & pepper
2 carrots	2 tablespoons butter

Sprinkle pieces of rabbit with salt and pepper. Dredge with flour. Brown in frying pan quickly. Add enough water to cover and simmer one hour, tightly covered. Add onions, carrots, and potatoes, all cut in pieces. Cook until vegetables are done. Thicken by adding paste made of 2 tablespoons melted butter and 2 tablespoons flour. Add all of the mixture to baking dish. Cook at 400° until bubbly. Cover with thin layer or pieces of biscuit dough and return to oven until dough is done.

Mrs. Wade H. Waters, Jr. (Cathy)



## VENISON

### Preparation of venison

*For all venison, regardless of how you intend to prepare it, cleaning and soaking it is most important. If "shortcuts" are taken at this stage, no recipe will turn out satisfactorily. If soaking and cleaning are done thoroughly, then all recipes are very tasty and tender as well!*

1. Soak venison in salt water several hours (3-6). One-fourth cup salt to each gallon of water.
2. Change water, soak in salt water over night.
3. Rinse and trim neatly with good knife and cutting board.
4. Slice into slices for country-style, portions for roasts, side of ribs for barbecue, or small pieces for venison stew.
5. Soak in solution of vinegar and water one hour. One part vinegar to six parts water.
6. Wrap well and freeze.

The following is a good, easy way to roast venison, and the next two recipes are good ways to use left-over venison from large roasts. All of my recipes for venison belonged to my grandmother and mother, Mrs. W. Jordan Hollowell, in Gates County.

#### VENISON ROAST

Thaw roast, preferably in refrigerator. Soak in salt water (1/4 cup salt to each gallon of water) for 20-30 minutes and rinse well. Generously apply good black pepper to roast. Sprinkle with dry mustard or baste with a few tablespoons of prepared mustard (optional). Sprinkling a little garlic powder or rubbing with a clove of garlic is also good, but optional.

Place on rack in roasting pan, and place slices of one large onion over roast. Fill roasting pan with half-inch of water, and cover tightly. Bake in preheated oven at 350° approximately 25 minutes per pound. This will vary depending on age, bone size, etc. Uncover, baste with butter, and bake the last 10-15 minutes uncovered. Often there are not enough drippings to make good gravy; if not, instant gravy can be used.

#### VENISON PATE

*Left-over venison*

*Butter (1/2 the amount of venison)*

*Coarse black pepper and salt*

Put left-over venison through finest blade of the meat grinder twice. Work pepper and salt into the meat as well as butter. Place in pan or pyrex and pound with a wooden mallet until firm. Cook at 325° until golden brown. Chill and cut in thin slices. Keeps about 2 weeks in refrigerator.

## VENISON a la BLAISE

4 cups chopped, cooked venison	2 tablespoons butter
1 large onion, chopped	1 cup tomato catsup
Salt	Black & red pepper to taste

Cut left-over venison into small pieces and place in saucepan or skillet with all other ingredients. Simmer until sauce is desired thickness. If more seasoning is desired, a dash of ground cloves and mace may be added. Serve with hot wild rice. Serves 6-8.

Mrs. Robert L. Barker (Kaye)

## VENISON STEW

1½ pounds venison	3 cups boiling water
1/4 cup chopped onion	1/8 teaspoon pepper
3 teaspoons salt	1/4 teaspoon thyme
1 small bay leaf	3/4 cup diced potatoes
8-10 small white onions	3/4 cup fresh chopped mushrooms
3/4 cup diced carrots	1 cup boiling water
1/2 cup cold water	5 tablespoons flour
2 tablespoons shortening	

Soak venison overnight in water, vinegar, and salt. Brown venison in shortening. Add onion and sauté until brown. Add 3 cups boiling water and seasonings. Cover and simmer 1 hour or until meat is tender. Add vegetables and continue to cook until vegetables are done. Add 1 cup more of boiling water. Add cold water very gradually to flour, mixing well. Add to simmering stew. Stir vigorously and cook until thick. Serves four.

Mrs. Wade H. Waters, Jr. (Cathy)

## VENISON - COUNTRY STYLE

6 venison steaks	Salt & pepper to taste
Flour	Red ground pepper to taste
Vegetable oil for frying	1 onion

Prepare venison for cooking. If frozen, thaw and soak in salt water for 30 minutes, rinse and dry. Dredge steak thoroughly in mixture of flour, salt, and both peppers. Place in skillet in hot oil and cover tightly. Cook on low heat 15 minutes. Remove cover, turn steaks, and cook uncovered 15 minutes on medium heat or until nicely browned. Remove steaks. Add flour to drippings to make brown gravy, sufficient amount to cover steaks. Place steaks and sliced onion back in gravy. Cook on very low heat, tightly covered, one hour. Serve with hot wild rice. Serves 6.

Mrs. Robert L. Barker (Kaye)

## VENISON RIBS - BARBECUED

Prepare ribs for cooking. If frozen, thaw and soak in salt water for 30 minutes. Rinse and dry. Using your favorite barbecue sauce, baste and cook, covered, for 30 minutes and uncovered for 30 minutes. Baste thoroughly every 15 minutes.

Mrs. Wade H. Waters, Jr. (Cathy)

## SAUCES AND STUFFINGS FOR WILD GAME

### SPICED APPLE SAUCE

*1¼ cup juice from spiced apples  
1/3 cup sugar (or more as needed to thicken)*

Cook over low heat, stirring until thickened. Serve warm. Very good with duck, goose, and quail.

### CRAB APPLE & PORT SAUCE

*¾ cup crabapple jelly  
¼ cup water  
¼ cup port*

Stir over low heat. Serve warm. Very good with duck, goose, and quail.

### ORANGE SAUCE

<i>3 tablespoons melted butter</i>	<i>1 cup orange marmalade</i>
<i>4 tablespoons flour</i>	<i>2 tablespoons sherry</i>
<i>1 cup meat stock or drippings</i>	<i>Salt &amp; paprika to taste</i>
<i>1 tablespoon grated orange rind</i>	

Mix flour and butter. Add stock, salt, and paprika, stirring over boiling water until thickened. Just before serving, add orange rind, orange marmalade, and sherry. Yield: 2 cups sauce. Good served over roast duck.



## PEACH SAUCE

3 tablespoons melted butter	Dash cinnamon
4 tablespoons flour	1/4 cup sugar
2 cups juice from canned peaches	1 cup chopped peaches
2 tablespoons Amaretto liqueur	(canned)

Mix flour and butter. Add all other ingredients and cook over boiling water until thickened. Serve warm. Yield: 2 cups sauce. Delicious with roast duck, chicken, or quail. Optional: add 1/2 cup chopped pecans if desired.

## APPLE - RAISIN - NUT STUFFING

1 cup minced onion	1½ cups breadcrumbs or
3 cups diced, pared, cored apples	Pepperidge Farm Stuffing Mix
1 cup seedless raisins	1/8 teaspoon pepper
1 teaspoon salt	3 tablespoons sugar
3/4 cup melted butter	2 cups chopped pecans

Combine all ingredients. If you want to use this as dressing instead of stuffing, add one egg and enough water to sufficiently moisten. Cook at 325° until set but not dry. Enough for 10 lb. turkey if used as stuffing.

## CELERY STUFFING

6 cups diced celery	3 teaspoons poultry seasoning
3 cups boiling water	4 teaspoons salt
3/4 cup chopped onion	1 teaspoon pepper
3/4 cup butter, melted	6 quarts breadcrumbs or
	Pepperidge Farm Stuffing Mix

Simmer celery in boiling water for 10 minutes; drain, reserving 1 cup of the liquid. Sauté onion in butter over low heat until tender. Combine seasonings, crumbs, celery, celery liquid, and the onion butter mixture. Blend thoroughly. Enough stuffing for 15 lb. turkey. If you want to use this as dressing instead of stuffing, add enough water to sufficiently moisten, and bake at 325° until set but not dry.

### CHESTNUT STUFFING

3 cups chestnuts	Cream
2 tablespoons butter, melted	Salt & pepper to taste
1 cup cracker crumbs	

Cook chestnuts until tender and drain. Then add butter, salt, pepper, and cracker crumbs. Moisten with cream. Stuff in bird or cook separately until set but not dry.

### OYSTER DRESSING

2 cups bread crumbs	1/4 lb. fresh mushrooms,
3/4 cup chopped celery	halved & sauteed in butter
3 tablespoons diced bacon	2 tablespoons catsup
1 pint oysters, cut in half,	1/8 teaspoon paprika
together with liquid	Salt & pepper to taste

Mix all ingredients and stuff in bird or cook separately, cooking at 350° until set but not dry.

### PEANUT DRESSING

1 cup shelled parched peanuts	1 egg, beaten
2 cups cornbread crumbs	Broth or drippings from
2 tablespoons melted butter	turkey or chicken
Salt & pepper to taste	

Mix all ingredients (using enough broth or drippings to moisten). Stuff in bird or cook separately at 350° until set but not dry.

### SAUSAGE STUFFING

1/2 cup butter	1 pound sausage
1 onion, chopped	1 cup milk
1 cup cracker crumbs	2 tablespoons sherry
Salt & pepper to taste	

Lightly brown onion and sausage in butter. Add other ingredients. Mix thoroughly and stuff in bird or cook separately at 350° until set but not dry.

## PORK

### MARINATED PORK ROAST

3-4 lb. loin end or shoulder	1/4 cup soy sauce
3/4 cup sherry	1 tablespoon fresh lemon juice
1/2 cup chicken consommé	3 garlic cloves, crushed
1 chicken bouillon cube	1/4 teaspoon powdered ginger
	1 teaspoon salt

Combine all ingredients except roast to make marinade. Rub roast with salt and pepper and place in dish. Pour marinade over roast and place in refrigerator overnight. Turn 3 or 4 times in the marinade. Bring roast to room temperature before baking. Bake at 325° for 45 minutes per pound or until meat thermometer registers 180°. Baste about every 20 minutes. Cool 20 minutes before slicing. Serves six.

Mrs. Wade H. Waters, Jr. (Cathy)

### BUSY-DAY DINNER-IN-A-POT

4 lean pork chops	1 tablespoon bacon drippings
1 medium onion, sliced	Salt
1 small head cabbage	Pepper
4 small potatoes, peeled	

Brown pork chops in dutch oven in bacon drippings. Remove and set aside. Sauté onions for a minute or two and then add cabbage. Lay potatoes on top of cabbage, then layer of pork chops. Salt and pepper to taste. Add 1/2 cup water, put lid on and let simmer for 20 minutes or until cabbage and onions are done. Serves 4.

Mrs. Vernon Allen (Thelma)

### PORK BACKBONE AND RICE

Buy meaty country style backbone - 2 pounds. Salt and pepper and boil for two hours or until very tender. Remove from liquid. Measure 2 cups liquid into heavy pot, add 1 cup rice, place the backbone on top, and cook covered about 20 minutes. Stir and place cover on tightly and let it steam on low heat for 30 minutes. Don't lift the lid.

Mrs. Vernon Allen (Thelma)

## PORK LOIN BRAISED WITH APPLES AND BEER

3½ lbs. pork tenderloin	1 clove
2 tablespoons oil	1 bayleaf
2 onions, sliced	1/2 teaspoon thyme
2 carrots, sliced	1 cup beer
2 stalks celery, chopped	1 tablespoon apple brandy
2 apples, sliced	1 tablespoon cornstarch,
Salt & pepper	dissolved in 2 tablespoons
	cold water

Remove most of the fat and tie loin with string in 4 or 5 places so that it will keep its shape. Brown pork in hot oil in baking dish. Discard all but 1 tablespoon of oil. Add vegetables, apples, herbs, and beer in pan. Cover with aluminum foil and bake for 2 hours until done. Remove pork, slice, and keep warm. Strain pan juices into saucepan. Place over moderate heat and skim off the fat from surface. Add apple brandy and thicken sauce with cornstarch dissolved in cold water. Pour over sliced pork and serve. (Preheat oven to 350°.) Serves 6 to 8.

Marilyn Franz

## OVEN BARBECUED SPARERIBS

4 lbs. pork spareribs	3 tablespoons Worcestershire
Water to cover ribs	1 teaspoon dry mustard
Salt	1 teaspoon paprika
1 cup catsup	1/2 teaspoon chili powder
1/3 cup vinegar	1 medium onion, thinly sliced
1/3 cup brown sugar (packed)	1/2 lemon, thinly sliced

Place ribs in dutch oven; add water to cover ribs; cover pan and simmer about one hour, or until meat is almost tender. Drain and arrange in layer in shallow foil-lined pan. In saucepan, combine 1 cup water, 1/2 teaspoon salt, catsup, vinegar, sugar, Worcestershire sauce, mustard, paprika, and chili powder. Bring to boil. Cook and stir 5 minutes. Add onion and lemon slices. Spoon sauce over ribs. Bake uncovered at 350° for 45 minutes, basting often with the sauce. Serves 4.

Mildred McM. Rumley

## ORIENTAL SPARERIBS

2 lbs. spareribs	3/4 tablespoon lemon juice
1 onion, chopped	1/3 tablespoon prepared mustard
1/3 clove garlic	3/4 teaspoon salt
2 tablespoons oil	Pepper to taste
3/4 tablespoon vinegar	1/8 cup soy sauce
3/4 tablespoon honey	1/3 cup water

Cut spareribs in serving pieces and place in baking pan. Brown onion and garlic in oil in saucepan. Drain off oil and add remaining ingredients. Pour over spareribs. Bake at 325° for one hour and baste.

Mrs. Clark Rodman (Mavis)

## SWEET AND SOUR PORK

2 lbs. boneless pork, cut in 1-inch cubes	1/2 cup pineapple juice
1 20½-oz. can pineapple chunks	1/4 cup vinegar
1/2 cup bottled barbecue sauce	1 tablespoon cornstarch
	1 tablespoon soy sauce
	1 green pepper cut in strips

Brown meat in small amount of corn oil. Season with salt and pepper. Stir in barbecue sauce and vinegar and pineapple juice; simmer for 35 minutes. Add pineapple, pepper strips, and simmer 10 minutes. Dissolve cornstarch in water and add. Cook until thickened. Add soy sauce to taste and serve on hot rice.

Mrs. Vernon Allen (Thelma)



## POTATO - PORK CHOP CASSEROLE

1 onion	2 tablespoons flour
6 large potatoes	1/2 teaspoon salt
12 small pork chops	1/4 teaspoon pepper
	1 cup milk

Brown pork chops and drain. Peel potatoes and onion and slice thinly. Layer pork chops alternately with onion and potato slices in casserole. Salt and pepper to taste. Mix flour with milk and pour over layers. Bake in 325° oven for 30 minutes. Serves six.

Mrs. Wade H. Waters, Jr. (Cathy)

## SAUSAGE - SQUASH SPECIAL

1 lb. bulk pork sausage	1/2 cup grated parmesan cheese
1 clove garlic, crushed, or 1/8 teaspoon powdered	1/2 cup milk
4 cups sliced summer squash	1 tablespoon snipped parsley
1/2 cup dried breadcrumbs	1/2 teaspoon salt
2 beaten eggs	1/2 teaspoon dried oregano (crushed)

Cook meat and garlic until meat is browned; drain off excess fat. Cook squash, covered, in small amount of water until tender. Drain. Stir squash and next 6 ingredients into meat. Fold in eggs. Transfer to 10 x 6 x 1½ inch baking dish. Bake at 325° for 25 to 30 minutes. Makes 4 to 6 servings.

Mrs. Ralph H. Waldo (Katy)

### SAUSAGE RICE CASSEROLE

1 can cream of mushroom soup	1 cup raw rice
1 can cream of chicken soup	1 lb. bulk sausage
1 cup chopped onions	2 cans water
1 cup celery, chopped	

Brown sausage; add celery and onion and sauté briefly. Drain excess fat. Add remaining ingredients. Bake at 350° for 45 minutes to an hour.

Mary Capehart Valand

### HAM DIVAN

2 packages frozen broccoli (cooked)  
6 large slices of ham (cooked)

Make a sauce of: 1½ teaspoons butter  
1½ tablespoons flour  
1 cup milk, salt & pepper  
Add: ¾ cup grated cheddar cheese

Place broccoli in flat casserole. Add sauce, then sprinkle ¾ cup Pepperidge Farm Stuffing Mix and 4 tablespoons water. Bake 350° oven for 25-30 minutes.

## LAMB SUPREME

2 pounds boneless lamb shoulder	1/2 teaspoon dill seed
2 Tablespoons fat	1 cup sliced fresh mushrooms
Water to cover	2 cups sour cream
1/2 teaspoon salt	1/2 teaspoon vinegar
	3 tablespoons flour

Cut lamb into cubes, brown in hot fat in skillet. Add water to cover, salt, dill seed, and cover tightly. Simmer over low heat 1 1/2 hours or until meat is tender. Remove meat. Add mushrooms, sour cream, and vinegar to liquid in pan. Cook 15 minutes over low heat. Add flour to liquid. Stir and mix thoroughly. Add meat and heat thoroughly. Six servings.

Mrs. Wade H. Waters, Jr. (Cathy)

## IRISH STEW

3 pounds boneless lamb	1 cup sliced carrots
Water to cover	3/4 cup diced turnips
4 Allspice berries	3 cups cubed potatoes
2 tablespoons minced parsley	1/2 cup sliced onion
Salt and pepper	

Cut lamb into cubes; place in dutch oven; add water to cover. Add berries and parsley. Cover and simmer 2 hours. Add vegetables, salt and pepper. Cover and cook 45 more minutes. Thicken gravy if desired. Drop dumplings, added about 15 minutes before cooking is completed. Eight servings.

Mrs. Robert L. Barker (Kaye)

## CROWN ROAST OF LAMB

Have 2 or more rib sections shaped into a "crown". Remove any trimmings, loose pieces. Cover ends of bones with bread cubes or salt pork cubes. Remove these before serving. Sprinkle with salt and pepper. Place on rack in open roasting pan. Roast 45 minutes for 3 - 4 pounds. Allow 2 - 3 ribs per person.

For serving, fill center with mashed potatoes, buttered peas, peas and carrots, buttered cauliflower, or buttered peas and mushrooms.

Mrs. Robert L. Barker (Kaye)

## VEAL

### ROAST VEAL

Leg, Round, Rump, Loin: 35 min. per pound if 3-6 lbs.  
30 min. per pound if 6-8 lbs.

Shoulder Bone In: 40 min. per poound 3-6 lbs.  
35 min. per pound 6-8 lbs.

Shoulder Boned: 45 min. per pound 3-6 lbs.  
40 min. per pound 6-8 lbs.

1 clove garlic

Several strips bacon      Salt & pepper to taste

Wipe meat with damp cloth to remove any loose small pieces of bone. Rub meat with cut side of clove of garlic, if desired. Place, fat side up, on rack on open roasting pan. Lay several strips of salt pork or bacon over roast. Sprinkle with salt and pepper. Roast according to above guide.

Mrs. Robert L. Barker (Kaye)

### VEAL WITH LEMON SAUCE

2¼ pounds veal cutlets	1 tablespoon chopped parsley
1 cup drained canned mushrooms	1 clove garlic, crushed
1 cup water	Salt & white pepper to taste
2 packets instant chicken broth	3 cups cooked enriched
and seasoning mix	broad noodles
1/4 cup margarine	Paprika
2 teaspoons lemon juice	Parsley sprigs
1 lemon, cut in 6 slices	

Pound veal to 1/4 inch thickness; cut in one-inch wide strips. In large skillet, brown veal 3 minutes on each side. Add mushrooms, water, and broth mix. Cook ten minutes. Keep warm until ready to serve. In small saucepan, melt margarine; add lemon juice, chopped parsley, garlic, salt, and pepper. Remove from heat. Place 1/2 cup hot noodles on each plate (6) and top with equal portions of veal-mushroom mixture. Spoon equal portions over each serving. Sprinkle with paprika and garnish with parsley sprigs and lemon slices. Six servings.

Mrs. Wade H. Waters, Jr. (Cathy)

## SAUCES

Shakespeare said *"There is no sauce in the world like hunger."* But for those who love to cook, the blending of ingredients into delicious sauces is one of life's supreme satisfactions. For just as *"without propriety there can be no society"* - so without sauces there can be no gastronomy".

### REMOULADE SAUCE

2 cups Mayonnaise	1 tablespoon Tarragon
1/2 cups chopped salad pickles	1 tablespoon chervil
2 tablespoons capers	
1 tablespoon prepared mustard	

Blend well. This amount is enough for 5 pounds of cooked shelled and deveined shrimp. Mix sauce with shrimp as for a salad and serve with tooth picks. "Pretty in a shell dish for a party".

Thelma Allen

### EASY HOLLANDAISE

2 egg yolks	1/2 cup butter or margarine
3 tablespoons lemon juice	Dash of cayenne

Put egg yolks and lemon juice in a saucepan. Beat until well blended. Divide the butter or margarine in half. Add one half (1/4 cup) to the egg-yolk mixture. Place over low heat. Stir briskly with wire whisk until butter or margarine is melted. Add remaining butter or margarine and cayenne. Stir briskly until butter or margarine is melted and sauce is thick. Serve at once. Makes about 2/3 cup.



## CREAM SAUCE

2 tablespoons butter  
2 tablespoons flour

1 cup milk  
1/2 teaspoon salt

Melt butter in a small skillet. Stir in flour and let it bubble for a minute. Stir in milk and keep stirring until sauce is smooth. Add salt while stirring. Makes 1 cup of medium thick sauce.

Variation: Add 1/2 cup grated sharp cheese to make sauce for vegetables or substitute chicken stock for milk for Veloute'sauce for chicken, veal or fish.

Thelma Allen

## EASY CHEESE SAUCE

1/2 cup mayonnaise  
1/2 cup grated sharp cheese  
1/2 cup milk

Put in sauce pan and stir until thickened. Great on all green vegetables.

Athy Cooper



Do not use an aluminum pan to make a white sauce. It tends to absorb the grayish color of the pan.

Wine sauce for Puddings (Date-Nut, Persimmon and  
Gingerbread)

1 cup sugar  
1/2 cup water

1 teaspoon flour  
1/2 cup wine

Combine ingredients and let simmer for a few minutes. Serve warm over pudding.

## SWEET HOT MUSTARD

1 cup dry mustard  
1 cup sugar

1 cup red wine vinegar  
2 eggs

Mix first 3 ingredients - blend in 2 beaten eggs. Cook in double boiler until it thickens. Good with any red meat.

Mrs. Vernon Allen (Thelma)

## RAISIN SAUCE FOR HAM OR CANADIAN BACON

1 stick oleo  
1/2 cup seedless raisins  
1 tablespoon flour

1 cup water  
3 tablespoons lemon juice

Melt oleo, add flour and let it "bubble" for a minute or two. Add water, raisins and lemon juice and simmer, stirring until it thickens.

Mrs. Vernon Allen (Thelma)

## SAUCE FOR STEAMED OYSTERS

2 - 14 oz. bottles Hot Catsup    3 tablespoons pepper (hot)  
2 sticks margarine                      vinegar

Mix and heat. Keep on low heat. Place small amount in individual bowls and dip hot freshly shucked oysters. Replenish sauce frequently. Makes enough sauce for one bushel of oysters.

Mrs. Carroll G. Jarvis (Betty)

## MUSHROOMS IN SAUTERNE

(A sauce to glorify the beef patty)

2/3 - 1 lb. fresh mushrooms  
4 tablespoons oil or fat  
from 3 slices of bacon

1/2 can beef broth(bouillon)  
1/2 cup domestic sauterne  
2 tablespoons corn starch

Clean and slice mushrooms. Saute in oil or fat. Add bouillon. Mix cornstarch with sauterne and add to mushrooms. serve on beef patties, meat loaf or other inexpensive meats.

Mrs. W. A. Stringer, Jr.(Barbara)

## BARBECUE SAUCE

1 cup catsup	2 dashes Tabasco
1/2 cup apple cider vinegar	1 small onion, grated
1 tablespoon prepared mustard	Salt & pepper to taste
2 teaspoons sugar	

Mix all ingredients until smooth. Use when broiling chicken or spareribs.

Mrs. Vernon Allen (Thelma)

## HOMEMADE HOT MUSTARD

2 heaping tablespoons Coleman's dry mustard	1 teaspoon sugar
2 heaping tablespoons flour	1 tablespoon vegetable oil

Mix and add enough vinegar to desired consistency. Beat well. Store in refrigerator.

Linda Seale

## IT'S HOT MUSTARD

2 - 1 1/2 oz. cans dry mustard	1/4 cup salad oil
1/3 cup firmly packed dark brown sugar	1 teaspoon worcestershire sauce
Pinch of salt	1 teaspoon lemon juice
1/4 cup cider vinegar	

With whisk, beat all ingredients until smooth. Turn into covered jar and refrigerate 2 days before using to allow flavors to blend. Makes a sweet hot mustard - a little over 3/4 cup.

Mildred McM. Rumley

## TARTAR SAUCE FOR FISH

1 tablespoon grated onion	1 tablespoon sweet pickle
1 tablespoon chopped olives	1 tablespoon mayonnaise

Mix and keep refrigerated in covered jars. Will keep 2 weeks. Serve a spoonful on a bit of lettuce as a garnish for fried or baked fish.

Mrs. Vernon Allen (Thelma)



For mustard in a sauce - a Dijon has the best flavor.

#### COCKTAIL SAUCE FOR SHRIMP, CRABMEAT & OYSTERS

<i>1 cup tomato catsup</i>	<i>1 tablespoon worcestershire</i>
<i>2 tablespoons lemon juice</i>	<i>sauce</i>
<i>1 tablespoon prepared horse-</i>	<i>1/2 teaspoon salt</i>
<i>radish</i>	<i>Several dashes tabasco</i>

Mix and chill. May be stored in closed jars and kept for weeks. Makes a little over a cup.

Mrs. Vernon Allen (Thelma)

#### CHILI SAUCE FOR HOT DOGS

<i>1/2 lb. hamburger</i>	<i>1 tablespoon chili powder</i>
<i>1/2 cup chopped onion</i>	<i>1 cup catsup</i>
<i>Salt to taste</i>	<i>1 tablespoon salad oil</i>

Saute onion in salad oil, add hamburger and stir fry 'til meat is cooked. Add chili powder, salt and catsup. Simmer for 10 minutes. Stir to keep from sticking. Enough for 12 hot dogs.

Mrs. Vernon Allen (Thelma)

### CHERRY SAUCE

<i>1/2 cup pitted cherries</i>	<i>1 wine glass of Port wine</i>
<i>1 tablespoon red current jelly</i>	<i>1 tablespoon worcestershire</i>
<i>1 tablespoon chutney</i>	<i>Juice of 3 oranges, 1 lemon</i>
<i>1 tablespoon C &amp; B Sauce</i>	<i>Salt to taste</i>
<i>Dash of cayenne pepper</i>	

Bring to boil, reduce volume to 1/2, add 1/2 cup pitted cherries, and serve with boiled tongue. (From the Colony Restaurant, New York City).

Mildred McM. Rumley

### HERB BUTTER

<i>1/4 pound butter</i>	<i>1 teaspoon each savory,</i>
<i>1 tablespoon dried parsley</i>	<i>basil, marjoram, tarragon</i>
<i>1 tablespoon minced chives</i>	<i>1 minced garlic clove</i>
	<i>1/4 teaspoon paprika</i>

Blend well, pack in covered jar and store in refrigerator for use on chops, roast beef, hamburgers, roast turkey, broiled chicken and baked potatoes.

Verna T. Attmore

### EASY HOT MINT CHOCOLATE SAUCE

In top of double boiler, melt about 6 large York Peppermint Patties, or other chocolate covered mint patties. Add 2-3 tablespoons half and half, or enough to make desired consistency. Mix well.

Serve hot over ice cream. Yield: About 3-4 sundaes.

Susan Smith



## EASY (HOT OR COLD) FUDGE SAUCE

1 package sweet cooking chocolate  
3/4 cup evaporated milk  
8 Marshmallows  
1/2 teaspoon vanilla

Combine chocolate, evaporated milk and marshmallows in top of double boiler. Heat over hot water until chocolate and marshmallows are melted, stir occasionally. Remove from heat, stir in vanilla. Serve warm or cold. Makes 1 1/2 cups.

## HARD SAUCE

1 cup confectioners sugar      1/4 cup heavy cream  
1/3 cup butter                      (optional)  
1/2 teaspoon vanilla

Cream sugar and butter until smooth and fluffy. Add vanilla and blend. For a richer, creamier sauce, beat in 1/4 cup heavy cream. Good on fruit cobblers.

Mrs. Vernon Allen (Thelma)

## HOT OR COLD DESSERT SAUCE

1 cup sugar                      2 teaspoons cold water  
1 egg                              1/2 pint boiling milk  
1 tablespoon butter              wine or brandy  
1 tablespoon flour

Mix sugar, egg, butter, flour, and cold water in boiling milk. Stir until it thickens as desired. Flavor with wine or brandy.

Mrs. William A. Blount, III  
Sadie Lyon

## ORANGE CREAM SAUCE

1 cup cream, whipped very stiff  
2 egg yolks, beaten                      1 orange, juice and grated  
1/2 cup sugar                                      rind

Add sugar, juice and grated rind to beaten yolks and cook until thick. Chill thoroughly and combine with whipped cream before serving. Serve the sauce very cold on slice of Angel or Sponge cake.

Mrs. Robert L. Smith

### ICE CREAM TOPPING

1 cup white sugar	2 tablespoons white corn
1 cup brown sugar	syrup
1/2 cup butter	1 teaspoon soda
2 tablespoons molasses	1 teaspoon vanilla
	1/2 cup nuts

Bring to boil. Simmer for 10 minutes. Add vanilla and nuts.

Mrs. Clark Rodman (Mavis)



Egg yolks will keep up to 3 days if they are covered with cold water, then stored in refrigerator.

## VEGETABLES AND FRUITS



### ASPARAGUS VINAIGRETTE

8 tablespoons wine vinegar	1 teaspoon paprika
1 1/2 teaspoon Dijon mustard	Fresh ground pepper
8 tablespoons oil	Chopped parsley
1 teaspoon salt	

Combine by shaking in mason jar until it becomes thick. Boil fresh asparagus until tender - drain and chill. Cover with above sauce. Can use canned asparagus.

Mary Wilson

### ASPARAGUS CASSEROLE

2 cans asparagus spears	6 ounces cheese, grated
1 can cream of mushroom soup	1 1/2 cups cracker crumbs
1 stick butter	1/2 cup toasted almonds
1 tablespoon Worcestershire	

Combine soup, half of butter, liquid from asparagus and cheese. Heat and blend. Layer asparagus and mixture in casserole. Sprinkle with cracker crumbs and top with almonds. Dot with remaining half stick of butter. Bake at 350° for 30 minutes. Serves 8.

Mrs. Vernon Allen (Thelma)

## ASPARAGUS CASSEROLE WITH CHICKEN

- |                              |                                     |
|------------------------------|-------------------------------------|
| 3 slices toasted bread       | 1 cup coarsely grated cheese        |
| 1 small can asparagus spears | 1 can cream of mushroom soup        |
| 1 cup diced cooked chicken   | 3/4 cup chicken broth               |
| 1 small jar pimento          | 1 cup soft buttered bread<br>crumbs |

Arrange a layer of the first 3 ingredients in the order given in a greased, shallow 1 1/2 quart casserole. Sprinkle with pimento strips. Reserve liquid from asparagus spears and combine with liquids from soup and broth. Place in pot to which the cheese is added. Heat to a boil, keeping mixture stirred. Pour gently over arranged items in casserole. Bake in moderate 350-360° oven until mixture is bubbly. Cover with soft buttered crumbs. Cook until well browned. Serves four.

Mrs. Charles Franklin

ASPARAGUS ELEGANTE

- |                             |                                  |
|-----------------------------|----------------------------------|
| 2 cans cut asparagus        | 1/2 cup liquid from asparagus    |
| 1 cup crabmeat              | 1/4 cup sherry                   |
| 1 can cream of chicken soup | 1 cup buttered bread crumbs      |
| 1 cup grated cheese         | 1/4 cup toasted slivered almonds |

Spread asparagus, crabmeat and 1/2 of crumbs in a casserole. Mix soup with sherry and 1/2 of cheese and spoon over all. Top with rest of cheese, crumbs and almonds. Bake at 350° for 30 minutes. Serves 6.

"From Mrs. Hugh Farr, of Litchfield  
Plantation, S.C." by: Thelma Allen

## EASY BAKED BEANS

- 1 - 30 ounce can Pork and Beans    1 small onion, chopped  
1/4 cup catsup    1/4 teaspoon dry mustard  
2 tablespoons brown sugar or    4 slices bacon  
   molasses

Combine beans, catsup, onion, brown sugar and dry mustard.  
Cook in oven for 3 hours at 250° - 300°. Be sure to put  
bacon slices over beans before cooking.

Mary Jones



All strings can be easily removed from string beans after washing if they are plunged into boiling water for 5 minutes. Drain in colander, and string.

#### SWISS FRENCH BEANS

4 cups French style green beans, cooked	1 tablespoon grated onion
2 tablespoons butter	1 cup sour cream
2 tablespoons flour	1/2 pound grated Swiss cheese
1 teaspoon salt	1/2 cup crushed corn flakes
1/4 teaspoon pepper	1 Tablespoon melted butter
1 teaspoon sugar	

Melt 2 tablespoons butter and stir in 2 tablespoons flour; add salt, pepper, sugar, grated onion and sour cream. Mix and fold in the drained cooked beans. Put in 1 1/2 quart casserole and sprinkle grated Swiss cheese on top. Mix crushed corn flakes and 1 tablespoon melted butter and sprinkle on top of cheese. Bake at 400° for 20 minutes.

Louise Beales

#### PEARLE'S PINTO BEANS

2 cups dried pinto beans	6 drops Tabasco
1/4 cup diced "Streak o' Lean"	1 teaspoon sugar
1 cup onions	1 garlic bud, crushed
2 teaspoons salt	1/2 cup chopped bell peppers
2 cans tomatoes	

Wash beans and soak overnight in enough water to cover. In a heavy pot, put the diced "streak o' lean" bacon and stir-fry a little. Add onions and stir. Add beans, water and salt and let simmer for 2 hours. Add tomatoes, sugar, garlic bud and bell pepper and stir to mix. Continue cooking very slowly for 3 hours. "This is from my sister-in-law, Pearle Rogers, of Florence, South Carolina."

Thelma Allen

## GREEN BEANS - ORIENTAL

Wash, string and leave whole about 1 pound green beans. Cook quickly in lightly salted water about 6 minutes, so that beans are still bright green and slightly crunchy. Drain in colander. Immediately pour on sauce (below) & serve hot.

*2 tablespoons melted butter*  
*1 tablespoon Soy Sauce*  
*1 tablespoon lemon juice*

Sprinkle with almonds, if desired. Serves 4.

Frances Hulbert

## GREEN BEAN ALMOND CASSEROLE

<i>1 cup buttered bread crumbs</i>	<i>1 cup milk</i>
<i>2 #2 cans green beans</i>	<i>1/2 cup grated cheddar cheese</i>
<i>6 tablespoons margarine</i>	<i>3/4 cup almonds, chopped</i>
<i>6 tablespoons flour</i>	<i>Salt and pepper to taste</i>

Grease casserole dish (2 qt. size). Coat with bread crumbs, make layers of green beans and nuts. Melt butter in a saucepan and blend in flour, salt, and pepper. Drain green beans; reserve liquid. Mix reserved liquid with milk enough to make 1 1/2 cups liquid. Add to flour mixture. Cook, stirring constantly until thickened. Remove from heat and add cheese. Cover with buttered crumbs. Bake for 25 minutes in 350° oven. Serves 6-8.

Mrs. Charles Franklin (Marianna)

## QUICK & EASY POTATO CASSEROLE

<i>Instant Mashed Potatoes for 8</i>	<i>1/2 cup Sour cream</i>
<i>1/2 cup milk</i>	<i>1 cup grated cheese</i>

Prepare potatoes as directed on package. Then add additional 1/2 cup milk and sour cream. Blend and put in casserole. Sprinkle grated cheese on top. Bake at 350° for 30 minutes. Serves 8.

Thelma Allen



### HARVARD BEETS

1 can small whole Beets	1/3 cup sugar
1/4 cup beet juice	2 teaspoons corn starch
1/4 cup vinegar	2 tablespoons butter

Mix cornstarch with beet juice and vinegar. Add butter and sugar and cook until thickened (about 5 minutes).

Add beets and stir until coated with sauce. Heat to serve. Serves 4.

Mrs. Vernon Allen (Thelma)

### BROCCOLI SOUFFLE

2 packages chopped broccoli	1 cup mayonnaise
4 eggs, separated	1 teaspoon salt
1 tablespoon onion, grated	Grated cheese

Cook broccoli, drain. Blend in egg yolks, mayonnaise, salt and onions. Beat egg whites until stiff and fold into mixture. Pour into greased pyrex dish and top with grated cheese. Bake at 300° for 45 minutes. Serves 8.

Mrs. R. M. Brown

### RICE - BROCCOLI CASSEROLE

2 cups cooked rice, regular	3 tablespoons margarine
1 10 ounce package frozen, chopped broccoli	1 10 1/2 ounce can cream of chicken soup
1/4 cup chopped onions	1/2 cup milk
1/2 cup chopped celery	1 8 ounce jar Cheese Whiz

Optional: 1 can water chestnuts, sliced.

Thaw broccoli and drain. Sauté onion, celery in melted margarine. Blend in soup, milk, chestnuts, rice, broccoli and 1/3 jar cheese whiz. Put in baking dish. Spread remaining cheese on top. Bake at 350° for 40 minutes. Good dish to freeze in meal size portions and reheat.

Mrs. Clark Rodman (Mavis)

## BROCCOLI CORN BAKE

1 16 ounce can cream-style corn	1 tablespoon instant minced
1 10 ounce package frozen chopped broccoli	onion
1 beaten egg	2 tablespoons melted butter
1/2 cup coarse saltine cracker crumbs (12 crackers)	1/2 teaspoon salt
	Dash pepper

In mixing bowl, combine cream-style corn, cooked broccoli, egg, the 1/2 cup cracker crumbs, the onion, the 2 tablespoons melted butter, salt, and pepper. Turn into 1-quart casserole.

1/4 cup coarse saltine cracker crumbs (6)  
1 teaspoon butter or margarine, melted

Combine the above cracker crumbs and melted butter or margarine and sprinkle in ring over top of vegetable mixture. Bake casserole, uncovered, in 350° oven for 35 to 40 minutes or 'til heated through. Makes 6 servings.

Mrs. Brick Pemberton  
Mrs. Verna Motteler

## BROCCOLI CASSEROLE #1

2 packages frozen, chopped broccoli, cooked and drained well.  
2 eggs beaten  
1 can mushroom soup  
1 package slivered almonds

2 teaspoons grated onion  
1 cup grated cheddar cheese  
1 cup mayonaise

Add cheese to cooked broccoli while hot. Mix eggs, soup (may not need whole can), onions and mayonaise and almonds. Pour over broccoli and fold in. Can be made the night before and refrigerated. Cover with buttered bread crumbs, if desired. Heat at 350° for 20 to 30 minutes. Serves 8.

Mrs. Charles Herring, Kinston  
by: Mrs. Phoebe Squires

## BROCCOLI CASSEROLE #2

3 packages frozen broccoli	1/2 stick oleo
1 roll Krafts garlic cheese	1/2 cup slivered almonds
1 can cream of mushroom soup	2 tablespoons frozen chives

Cook broccoli, drain and place in casserole. Melt cheese, mix with soup and chives; melted oleo and almonds. Spoon mixture over broccoli and bake at 350° for 30 minutes. Serves 12.

Mrs. Frank Jacocks (Helen)

## BROCCOLI AND EGG CASSEROLE

1 package (10 oz.) frozen broccoli	
2 cups packaged herb stuffing mix	1/4 cup hot water
4-6 hard boiled eggs (see note)	3/4 teaspoon salt
1 can cream or chicken or mushroom soup	1 cup shredded cheddar cheese
1 soup can of water	1/4 cup grated Parmesan cheese
1/4 cup minced onion	
1/4 cup margarine, melted	

Cook broccoli in salted water according to package directions and drain. Grease a 3 quart casserole and sprinkle 1 cup of stuffing mix evenly over the bottom. Cover this with the broccoli, then layer with eggs that have been sliced lengthwise into 4 slices each. Mix soup, onion, and water and pour over broccoli and eggs. Combine with the other cup of stuffing mix with the hot water, margarine, salt, and cheddar and sprinkle over the casserole. Top with Parmesan and bake for 25 to 30 minutes at 400°. You may use cauliflower or asparagus instead of broccoli.

NOTE: Use fewer eggs when adding chicken or ham or when using as a side dish. Serves 6 to 8.

Mrs. Charles Franklin (Marianna)

## RED CABBAGE

1 medium onion, chopped	1 tablespoon lemon juice or
2 tablespoons fat	vinegar
1 medium head red cabbage, chopped	1 tablespoon sugar
2 medium apples, sliced	Salt & pepper to taste

Cook onion in hot fat until soft and yellow. Add cabbage and apples, cover and cook over low heat 15 minutes. Add lemon juice, sugar, salt and pepper.

Mrs. W. A. Stringer (Barbara)

## BAKED CABBAGE

1 medium head cabbage	1 can cream of celery soup
1 1/2 cups grated cheese	1 1/2 cups buttered bread crumbs
1/2 stick oleo	Salt and pepper

Cut cabbage into medium strips. Cook in salted water until tender (about 10 minutes). Drain. Melt oleo and stir bread crumbs into melted oleo, coating well. Set aside. Into a buttered baking dish put 1/2 cabbage, can of soup, 1/2 cheese. Then the rest of cabbage. Then remaining cheese. Sprinkle bread crumbs on top. Bake 30 minutes in 375° oven until crumbs are brown.

Dr. David Williams, Thomasville

By: Erin Tayloe

## SPICED RED CABBAGE

1 small red cabbage	1 tablespoon sugar
1/4 cup butter or margarine	Vinegar to taste
3 cloves	Salt to taste
2 cooking apples	

Remove outer leaves of cabbage, cut in half. Remove core. Wash and shred cabbage very thinly. Put a little butter or margarine in a saucepan with 1 cup of water. Add cabbage, cloves, the peeled, cored and sliced apples, and simmer with tight fitting lid for 45 minutes. Add rest of butter or margarine, sugar, vinegar and simmer for 5 minutes more.

Tillie Jackson

### STIR - FRY CABBAGE

1 small head cabbage, chopped      2 tablespoons Soy Sauce  
1 tablespoon salad oil                1/2 cup water

Heat oil in heavy skillet until very hot. Dump in the chopped cabbage and stir fry for 2 or 3 minutes. Add the Soy Sauce and water. Stir and put the lid on. Turn heat down and let simmer for 8 - 10 minutes.

Thelma Allen

### ZIPPY GLAZED CARROTS

2 packages frozen baby carrots      1/4 cup brown sugar  
or equivalent of fresh ones      1/4 teaspoon salt  
4 tablespoons butter or oleo      2 tablespoons prepared  
mustard

Cook and drain carrots. Melt butter in skillet, add brown sugar, mustard & salt and blend until hot. Dump the drained carrots in and stir until coated and glazed. Only takes a minute or two. Serves 6.

Mrs. Vernon Allen (Thelma)

### GREEN BEANS WITH CASHEW NUTS

1 small peeled onion stuck      1/3 pound butter  
with 3 or 4 cloves                3/4 cup chopped cashew nuts  
5 packages frozen French      Salt and pepper to taste  
green beans

Boil the onion in water to cover the beans for about 10 minutes. Add the beans and cook them tender crisp. Drain, discard the onion and run cold water over the beans to stop the cooking.

In large frying pan melt the butter, add nuts and when they begin to brown, add beans and season. Stir to coat the beans with butter and sauté 2 or 3 minutes. Serves 18.

Verna Attmore

### VEGETABLE RICE MEDLEY

- 1 (10 oz). frozen green peas 1/4 - 1/2 cup slivered almonds  
thawed 2 1/2 cups boiling water  
1 (6 oz.) package long grain 1 tablespoon butter or  
rice & wild rice margarine  
1 (4 oz.) can sliced mushrooms 1 beef bouillon cube  
drained

Combine peas , rice(reserve seasoning packet), mushrooms, and almonds in greased 2 quart shallow casserole. Combine boiling water, butter, bouillon cube and seasoning packet; stir until butter is melted and bouillon cube is dissolved; pour over mixture in casserole. Cover tightly and bake at 350° for 50-60 minutes or until rice is tender. Yield: 6 servings.

Note: To serve as main dish, add 1 (or more) cup cubed chicken or beef. If chicken is used, substitute chicken bouillon for beef bouillon.

Susan Smith

## MARINATED CARROTS

2 pounds of carrots, sliced diagonally and boiled in salted water until fork tender. When cool layer in a bowl with 1 small green pepper diced and 1 medium onion, chopped. Pour the following marinade over all and let stand in refrigerator several days.

- 1 can tomato soup  
1/2 cup salad oil  
1 cup sugar  
Salt & pepper.

Mrs. W. A. Stringer (Barbara)



## POTATOES ANNA

6 cups sliced potatoes	Fresh ground black pepper
1/2 teaspoon salt	4 medium size onions (optional)
8 tablespoons butter, melted	

Peele and slice potatoes and onions very thin. Butter oval shaped casserole or pyrex dish and arrange a few slices of potatoes on bottom and around sides. (If onions are used, add to potato arrangement.) Sprinkle with salt, pepper and dribble on a little melted butter. Repeat layers in this way until all ingredients are used up. Bake in preheated 400° oven for about 50 minutes, or until potatoes and onions are browned.

To serve: Invert on serving dish so that potatoes are in molded form - or - maybe served in dish in which they're cooked.

Mildred McM. Rumley

## FOGLIE di PATATE

(Leaves of Potatoes)

2 pounds white potatoes	3/4 cup corn meal
1 cup Parmesan Cheese	Salt & pepper to taste
3 egg yolks	

Boil potatoes until done. Pass them through a sieve. Add Parmesan cheese and salt & pepper to taste. Add beaten egg yolks and corn meal. Mix well. Divide in 20 pieces and roll out on cornmeal. With a knife, cut in leaf shapes. Fry quickly in hot oil. Drain on absorbent paper.  
"Recipe from Pension Consigili, Florence, Italy".

Mildred McM. Rumley

## POTATO PANCAKES

6 potatoes	2 tablespoons flour
1 tablespoon salt	1/2 teaspoon baking powder
1 small onion	

Peel potatoes and grate. Add rest of ingredients and blend. Cook slowly on slightly greased griddle, turning when browned. Serves 6.

Mildred McM. Rumley

## CANDIED CARROTS

1 bunch young carrots sliced lengthwise	1 cup boiling water
3/4 cup sugar	2 tablespoons butter
1/4 teaspoon nutmeg	Salt and paprika

Place the carrots in sauce pan and mix in the sugar and salt to season. Cover with boiling water. Cover closely and simmer slowly until tender. Add water occasionally if there is danger of burning. Add butter and nutmeg, turning frequently until carrots are glazed with syrup. Serve at once with a garnish of paprika. Serves 4.

Mrs. Charles Franklin(Marianna)

## CARROT SOUFFLE

2 cups cooked & mashed carrots	1/2 cup milk
3/4 stick melted butter	1/2 cup cheese
3 beaten eggs	Salt & pepper to taste
Dash of Tabasco & Worcestershire sauce	

Combine all - Bake at 350° one hour in buttered casserole or ring pan. The ring mold is pretty with any combination of peas, onions, mushrooms, &/or water chestnuts in light cream sauce in the center. Serves 4 to 6.

Mrs. Irwin Hulbert, Jr.(Frances)

## CAULIFLOWER WITH MUSHROOM-CHEESE SAUCE

1 10 ounce package frozen Cauliflower	1 tablespoon butter
1 4 ounce can mushrooms, drained	1 tablespoon flour
3/4 cup sharp cheddar cheese, grated	3/4 cup milk
Salt & pepper to taste	

Cook cauliflower according to directions on package. Make a white sauce: melt butter over hot water in top of double boiler, stir in flour, gradually add milk and stir until thickened. Remove from heat and stir in cheese, salt & pepper. Pour over cauliflower as you serve it. Sprinkle with snipped parsley, if desired. Serves 4 or 5.

Mrs. N. Henry Moore, Jr.(Florette)

## FAR EAST CELERY

4 cups chopped celery	1 can cream of chicken soup
1/2 cup water	1/2 cup soft bread crumbs
1 teaspoon salt	1/2 cup toasted almonds
1 5 ounce can water chestnuts, sliced	2 tablespoons melted butter
1 4 ounce can pimento diced	

In covered saucepan, simmer celery in salted water until tender. Drain. Place cooked celery in greased casserole. Add water chestnuts and pimento. Pour soup on top. Mix together bread crumbs, almonds and melted butter. Sprinkle over top. Bake at 375° for 45 minutes or until golden brown. Serves 8.

Marilyn Franz

## SCALLOPED CELERY WITH CHEESE

2 cups celery cut into 1 inch pieces and cooked in salted water until barely tender	2 tablespoons butter
1/4 cup grated, sharp cheese	2 tablespoons flour
Bread crumbs	1 cup milk
	Onion salt & pepper

Make a cream sauce of flour, butter, milk and seasonings. Put drained celery into this and turn into buttered baking dish. Sprinkle with cheese, bread crumbs and dot with butter. Bake only until cheese is melted and crumbs golden brown. Serves 4.

Mildred McM. Rumley

## CORN PUDDING # 1

Whip together:

2 eggs	1 tablespoon butter melted
2 tablespoons flour	1 can cream style corn
2 tablespoons sugar	1 cup evaporated milk

Pour into buttered casserole. Bake at 350° until firm. Top with crushed corn flakes. Outside will be firm before center. Stir once when edges have firmed before topping with crumbs. Serves 6. (My mother's recipe).

Hallene Cayton

## CORN PUDDING # 2

1 large can evaporated milk  
2 eggs  
1/4 cup sugar  
1 can (large) kernal corn(draind)  
or 2 cups fresh  
Dash salt

Beat eggs, add sugar and salt, milk and drained corn. Place in buttered casserole and bake at 325° for one hour or until firm. (This is fool proof). Serves 6.

Louise Satterthwaite

## GREEN CORN PUDDING

2 cups fresh corn	1/2 stick butter
2 large eggs	1 tablespoon sugar
1 cup coffee cream	1 1/2 tablespoons flour
Salt, cayenne pepper to taste	1 tablespoon green pepper
1/4 teaspoon mace or a little	minced
grated nutmeg	

Cut corn off cob and scrape all pulp out with knife. Mix corn, flour, seasonings and green pepper. Beat eggs lightly, add to corn mixture; add cream. Melt butter and add. Pour mixture into a greased baking dish; set in a pan of warm water. Bake at 350° for about 30 minutes or until the custard is firm. Serve hot.

Verna Attmore

## CORN OYSTERS

2 cups grated fresh corn, or	2 tablespoon butter or
if canned, cream style	margarine
2 eggs	Salt & pepper
2 Tablespoon flour	

Beat egg yolks and whites separately and add to grated corn, with flour and butter, salt and pepper. Drop the batter by spoonfuls into hot oil and fry to light brown. Drain on paper - serve hot.

Mildred McM. Rumley

## ESCALLOPED CORN

3 cups corn	1 egg, lightly beaten
2/3 cup cracker crumbs	1/2 teaspoon salt
2/3 cup milk	1/4 teaspoon sugar
1/4 cup chopped green onion tops	
1/4 cup melted butter	1/4 teaspoon paprika

Drain corn and combine with rest of ingredients. Spoon into lightly greased 1 1/2 quart casserole. Bake at 350° for 25 minutes. Serves 6.

Frances Hulbert

## EGGPLANT CASSEROLE #1

1 eggplant	Dash Tabasco
1 can cream of mushroom soup	Dash Worcestershire Sauce
1 onion, minced	Salt and pepper
1/2 cup plus 3 tablespoons grated cheddar cheese	Bread crumbs

Peel eggplant and cube. Boil in salted water until tender, Drain well and mix with soup, onion, 1/2 cup cheese, Tabasco, Worcestershire, salt and pepper. Put in baking dish and cover with remaining grated cheese, dots of butter and bread crumbs. Bake at 350° for 30 minutes. Serves 4.

Linda Seale

## EGGPLANT CASSEROLE #2

1 medium eggplant, unpeeled	1/2 cup water
1 tablespoon finely chopped onion	18 ounce can tomato sauce
2 tablespoons seasoned Herb Dressing	
2 - 3 dashes grated Parmesan Cheese	

Wash eggplant - slice crosswise. Drop one or two slices at a time into boiling water for 2 minutes. Put layers of eggplant, onion, dressing and cheese in casserole dish. Dot each layer with butter or margarine. Pour 1/2 cup water over top, add more if necessary. (Water absorbed by Dressing). Pour tomato sauce over top. Bake 350° for 45 minutes. 4 servings.

Mrs. Marjorie Holland

## FRIED EGGPLANT

1 medium Eggplant	1 egg, slightly beaten
1 cup flour	1 cup milk
1/2 teaspoon salt	1 tablespoon salad oil

Make a batter of the flour, milk, salt, egg and salad oil. Pare eggplant and cut in slices 1/2 inch thick and then cut slices into strips. Coat strips in batter, drain on wire rack. Fry in deep hot fat for 2 to 5 minutes. Drain on paper towels. Sprinkle with salt and if desired, Parmesan cheese.

Verna Motteler

## EGGPLANT - SPINACH WITH TOPPING

1 Eggplant	Cooking oil (1" deep in pan)
Salt to taste	2 - 10 oz. packages frozen
1 egg	chopped spinach
1/4 cup milk	1 - 7 oz. can mushrooms
1/2 cup flour	4 oz. Sour cream
	4 oz. Mayonnaise

Peel and slice eggplant about 1/2 inch thick. Salt and let stand 30-45 minutes. Dip each slice in beaten egg and milk mixture then coat with flour. Fry in cooking oil on both sides until tender and brown. Drain on paper towel and place in baking dish. Cook spinach according to package directions. Combine with mushrooms. Drain and top cooked eggplant with serving of spinach mixture. Combine sour cream and mayonnaise and spread over top of spinach. Sprinkle with paprika. Bake uncovered 350° for 30 minutes. Yield: 6 - 8 servings.

Chris Cayton's Recipe  
By: Hallene Cayton



## ONIONS IN MUSTARD SAUCE

3 jars onions, well drained	1/8 teaspoon paprika
1/4 cup melted butter	1 1/2 teaspoon salt
3 tablespoon sugar	1/3 cup chopped parsley
1 tablespoon dry mustard	

Combine butter, sugar, mustard, paprika and salt to make a sauce. Place onions in a buttered shallow baking dish. Pour sauce over and place in oven 325° for about 30 minutes. Sprinkle with parsley. Serves 6 to 8.

Mrs. Charles Franklin(Marianna)

## SPRING ONIONS OR LEEKS AU GRATIN

2 pounds spring onions or leeks	
6 ounces grated Swiss cheese	
3 tablespoons butter	Salt and pepper
Pinch nutmeg	1/3 cup bread crumbs

Wash and trim onions. Cut into 3 inch pieces and boil, uncovered, in salt water until barely tender. Drain well. Butter oven proof dish and put a layer of onions, a layer of cheese, a sprinkling of nutmeg, salt and pepper to taste. Add another layer, repeating the above, until all ingredients are used up. Dot with butter and bake at 400° for 20 minutes, or until top is a golden brown.

Mildred McM. Rumley

## ENGLISH PEAS COUNTRY STYLE

2 packages (10 oz.) frozen peas	
1/4 cup butter or oleo	1/2 teaspoon salt and dash
4 cups shredded lettuce	of pepper
2 cups finely sliced onions	1/2 teaspoon sugar

Cook peas, drain. Melt oleo in heavy Dutch oven. Add lettuce, onion, salt and pepper. Cook 5 minutes, stirring occasionally. Add cooked peas and sugar and let cook until peas are heated through. Correct seasoning to taste.  
8 servings.

Mrs. Vernon Allen (Thelma)

## FRIED OKRA

1 to 1 1/4 pounds okra	Cornmeal
8 cups water	Vegetable oil
1/2 cup salt	

Wash okra well; drain. Cut off tip and stem ends; cut okra crosswise into 1/2 inch slices. Combine water and salt; pour over okra. Soak 30 minutes; drain, rinse well, and drain again. Roll okra in cornmeal, and fry in hot oil until golden brown. Drain well on absorbent towels. Yield: 6 servings.

Mrs. Charles Franklin (Marianna)

## BAKED ONIONS WITH PEANUT TOPPING

12 small onions	1/2 teaspoon salt
2 tablespoons butter	1 cup grated sharp cheese
2 tablespoons flour	1/2 cup buttered crumbs
1/2 cup milk	1/2 cup chopped peanuts
1/2 teaspoon prepared mustard	

Boil onions until cooked, but still firm. Drain, reserving 1/2 cup of onion water. Make a white sauce with the butter, flour, milk, salt and onion water. Add to that 1/2 teaspoon prepared mustard. Place onions in casserole, pour white sauce over them and sprinkle with cheese, cracker crumbs and chopped peanuts. Bake at 350° for 15 - 20 minutes until bubbly. Serves 4.

Frances Hulbert

## BAKED WHOLE ONIONS (VIDALIA OR BERMUDA)

Cut small round hole in flower end of large onion, add 1 cube beef boullion, pat of butter mashed around, a sprinkle of garlic salt and pepper. Place on foil square, pull up around onion, and mash foil together at top. Bake 350° for about one hour.

Mildred McM. Rumley

## POTATO, ONION, BELL PEPPER CASSEROLE

Use any amount of potatoes, onion and bell pepper; dice and parboil.

Grease casserole Put layer of potato mixture, layer of sharp cheese, layer of cream of celery soup. Repeat. Cook covered, 1 hour at 350°. Uncover last 10 minutes.

Mary Jones

## THE \$64 POTATOES

6 large baking potatoes	Salt - pepper - Parmesan
1 can frozen Shrimp soup	cheese - paprika
1/2 stick butter	

Bake potatoes, halve and scoop out centers. Put potatoes, soup and butter in mixer. Beat till smooth. Refill shells, sprinkle with Parmesan (lightly) and paprika and bake in medium oven till piping hot. Serves 12.

Frances Hulbert

## TWICE BAKED POTATOES

6 large baking potatoes	1 cup milk
2 sticks oleo	Salt & pepper to taste
2 cups grated cheese	1/2 cup Parmesan cheese

Wash, dry and oil potatoes. Bake at 400° for 1 hour. Cut each in half length wise and scoop out carefully to keep shells intact. Add butter, salt and pepper and mash. Add milk and beat until fluffy. Sometimes it takes more than 1 cup of milk. Fold in cheese and restuff shells, sprinkling tops with Parmesan cheese. Bake at 400° for 25 to 30 minutes. Serves 12.

Note: May be prepared ahead and frozen. Let thaw before baking, or bake a little longer.

Thelma Allen

## RATATOUILLE

1/2 cup olive oil  
1 medium onion, chopped very fine  
1 clove garlic, chopped very fine  
1 1/2 pound eggplant, peeled and cubed  
2 medium-sized zucchini, sliced with peel on  
3 green peppers cut in strips  
Basil\*  
6 ripe tomatoes, peeled & seeded, or one #2 can solid-pack tomatoes.

Saute' one onion and garlic until soft. Add the eggplant and zucchini; toss well. Then add the pepper strips, salt and pepper to taste and one basil. Simmer, covered, until the vegetables are soft. Add tomatoes and allow them to cook down with the vegetables until the mixture is thick and well blended. Serve hot, or chilled, with additional oil and lemon juice. \*You may add dill weed and marjoram to taste". Serves 4.

From: James Beard Cook Book  
By: Phyllis Herbert

## RICE CASSEROLE

1/2 stick margarine, melted 1 cup long grain rice, uncooked  
1 can onion soup 1 4 ounce can mushrooms, chopped  
1 can beef broth(bouillon) or and undrained  
beef consomme'

Preheat oven to 350°. In oven, melt margarine in 10 inch square baking dish. Stir in the rest of the ingredients; cook 45 minutes. A small, deeper dish will take one hour. Serves 8.

Mrs. N. Henry Moore, Jr.(Florette)

### RICE VERDÉ

1 cup chopped onion	2 cups milk
1/3 cup vegetable oil	2 cups cooked rice
3 eggs, beaten	1 teaspoon worcestershire
1 cup chopped parsley	1/4 teaspoon garlic powder
1 cup grated cheese	Salt & pepper to taste

Sauté onion in vegetable oil 'til tender, combine with all other ingredients. Put in greased casserole and bake at 350° for 40 minutes. Serves 8.

Mrs. Vernon Allen (Thelma)

### SOUR CREAM RICE

1 cup cooked rice, drained	1/2 pound sharp cheddar cheese
A sprinkle of red pepper	1 carton (small) sour cream

Mix all together, put in casserole and bake until cheese melts. Fills 1 1/2 quart casserole and serves 6.

Mrs. Garland Homes ("Boo")

### GARLIC RICE

1 cup rice	1 teaspoon salt
1 can bouillon	1/4 teaspoon pepper
1 can water	3 tablespoons vegetable oil
1 bud garlic	

Mix all ingredients and bring to boil on top of stove. Pour into 1/2 quart casserole dish. Bake 30 minutes at 350°. Lift out garlic bud before serving. Serves 6.

Linda Seale

## ROMAN RICE

3 cups cooked rice	1/4 cup milk
2 green onions - chopped	1/4 teaspoon hot sauce
1 - 12 ounce cottage cheese	1/2 teaspoon salt
1 - 8 ounce carton Sour cream	1/2 cup Parmesan cheese

Mix together and pour into casserole. Bake at 350° for 20 - 25 minutes.

Jane McCotter

## SPINACH CASSEROLE #1

2 packages frozen chopped spinach	
1/2 pint Sour cream	Dash tabasco, salt, pepper
1 envelope onion soup mix	1/4 cup chopped nuts (optional)

Cook spinach, drain well. Mix with Sour cream, soup mix, salt, pepper, tabasco. Refrigerate - preferably over night. Bake at 350° - 20 minutes uncovered. Sprinkle nuts on top and bake 15 minutes more.

Mrs. Charles Franklin (Marianna)  
Mrs. W. A. Stringer (Barbara)  
Mrs. Lee Cooper (Athy)

## SPINACH RAMEKINS

2 packages frozen leaf spinach	Freshly grated nutmeg
4 tablespoons butter	3/4 cup heavy cream
Salt & pepper	

Sauté spinach in butter, toss till dry, add salt & pepper, nutmeg and cream. Process until smooth, spoon into individual ramekins, cover with bread crumbs, dot with butter (will freeze well at this point). Heat at 325° for about 20 minutes - longer, of course, if frozen.

Elizabeth Tankard Holeman  
Nashville, Tenn.



## SPINACH SOUFFLÉ

1 - 10 oz. package frozen chopped spinach, defrosted	
3 teaspoons butter	1/2 teaspoon dry mustard
3 tablespoons flour	Pinch of nutmeg
1 cup milk	Herb salt & pepper to taste
4 tablespoons grated Gruyere cheese	
1 tablespoon chopped chives	4 egg yolks
Hollandaise sauce (optional)	5 egg whites

Preheat oven to 350°. Squeeze excess liquid out of spinach and set aside. Melt butter in a sauce pan. Add flour and blend until smooth. Slowly add milk, whisking constantly. Cook over low heat and stir in spinach, Gruyere cheese, chives, dry mustard, nutmeg, herb salt and pepper. Beat egg whites until stiff but not dry. Stir one-quarter of the egg whites into spinach mixture. Gently fold in remaining egg whites. Pour mixture into a 1 1/2 quart soufflé dish. Bake at 350° for 35 minutes. Serve at once, with hollandaise sauce, if desired.

Mrs. Charles Franklin (Marianna)

## SPINACH CASSEROLE #2

1 10 ounce package frozen chopped spinach  
1 can cream of mushroom soup  
1 1/2 cup sharp cheddar cheese, grated  
3 slices bread, cubed  
3 tablespoons butter, melted  
1/2 teaspoon garlic powder

Cook spinach in 1/2 cup unsalted water for 5 minutes; drain thoroughly. Add soup and cheese; mix well; and pour into a shallow, greased baking dish.

Melt butter in 10 inch frying pan; stir in garlic powder; add bread cubes and stir to coat. Spread cubes over spinach and bake 350° for 45 minutes to one hour.

Suggestion: 1 beaten egg may be added to spinach, soup, cheese mixture. Put into deep, greased baking dish same temperature and time.

Mrs. N. Henry Moore, Jr. (Florette)

### SPINACH LOAF

2 packages frozen chopped spinach*	2 cups milk
3 eggs	
1/4 cup bacon fat	2 teaspoons salt
3 tablespoons flour	

Drain spinach; melt fat, add flour, blend. Add milk and blend well. Cook over medium heat, stirring to prevent lumping, until thickened. Beat eggs until well blended. Pour hot sauce over eggs slowly. Add spinach to cream sauce. Pour into 8" x 8" baking dish. Bake at 350° for 30-40 minutes.

\*Substitute broccoli, carrots - equivalent to 2 cups.

Mrs. W. A. Stringer (Barbara)

### SPINACH RING

2 packages frozen chopped spinach	4 tablespoons butter
4 eggs	1 1/2 teaspoon salt
1 teaspoon finely chopped onion	Dash of pepper
2 cups milk	1 tablespoon lemon juice or wine vinegar
1 1/4 cups Pepperidge Farm Herb Stuffing	

Cook packages of spinach as directed and drain. Put spinach in a large bowl with stuffing on top. Scald milk and pour over. Add butter, onion, salt and pepper, lemon juice (or vinegar) and beaten eggs. Mix well and bake in oiled ring mold, placed in a pan of water, at 350° for one hour. Serves 8.

Unmold and fill ring with "zippy glazed carrots".

Mrs. Vernon Allen (Thelma)

### QUICK CREAMED SPINACH

2 packages frozen chopped spinach	1 can cream of chicken soup
3 tablespoons grated onion	Dash or two of nutmeg

Cook spinach as directed on package (use less salt). Drain and add other ingredients. Serves 4 to 6.

Mrs. Vernon Allen (Thelma)

## SPINACH IN ONION CUPS

1 large Spanish onion	Salt & pepper to taste
1 package chopped spinach	1/4 cup Parmesan cheese
1 3 ounce package cream cheese	1/2 cup bread crumbs
	1/4 cup milk

Cook spinach according to package directions and drain. Cut onion in half and separate layers to form cups. Place in casserole, filling any holes with smaller pieces of onion. Mix spinach with cheeses, bread crumbs, milk, salt and pepper and spoon mixture into cups. Cover casserole tightly with foil and bake at 350° for 45 minutes. Serves 6 to 8.

Mildred McM. Rumley

## SWEET POTATO CASSEROLE

3 cups mashed sweet potatoes	1 stick margarine
1 cup evaporated milk	2 beaten eggs
1 cup sugar	2 teaspoons vanilla extract

Beat all together and pour into a greased 2 quart casserole.

### Topping:

1 cup brown sugar	1/4 cup margarine, melted
1/3 cup plain flour	1 cup coconut (optional)
1/4 cup chopped pecans	

Mix until crumbly. Sprinkle over potatoes and bake 30 to 40 minutes at 350°. Serves 6 to 8.

Mrs. Charles Franklin (Marianna)

## CANDIED SWEET POTATOES

6 medium size potatoes	1 teaspoon mace
1 - 2 cup water	2 cups sugar
1 tablespoons vinegar from sweet pickles	
1/4 pound butter or margarine	

Peel potatoes, and cover with salt water till ready for use. Make a syrup of the sugar, butter, water, vinegar and mace. Pour over drained potatoes, and bake at 350° until potatoes are tender and transparent.

Mrs. Charles Franklin

## SWEET POTATO AND APPLE CASSEROLE

2 or 3 large sweet potatoes 2 tablespoons corn starch  
6 apples (cooking apples) 1 teaspoon cinnamon  
2/3 cup brown sugar

Boil sweet potatoes until just tender. Mix dry ingredients. Layer sliced potatoes and apples. Sprinkle dry ingredients over each layer. Dot with butter. Cover and bake at 350° 45 minutes. Baste two or three times.

Hallene Cayton

## YAM SOUFFLÉ IN ORANGE CUPS

6 oranges	1/2 stick oleo, melted
2 cups mashed sweet potatoes	1/4 cup raisins
1/2 cup brown sugar	1/2 teaspoon salt
2 eggs, beaten	1/4 cup orange juice
12 large marshmallows	
1/2 teaspoon each of cinnamon, allspice, nutmeg & ground cloves	

Halve oranges and scoop out pulp. Clean the shells and reserve pulp to use in ambrosia. Mix all other ingredients except marshmallows and fill the orange cups. Bake at 350° for 20 minutes. Put a marshmallow on top of each cup and bake 'til marshmallows begin to brown. Serves 12.

"We always have this with our Christmas & Thanksgiving dinner. A little trouble but can be done ahead".

Mrs. Vernon Allen (Thelma



For fluffier Mashed Potatoes, add a pinch of baking soda as well as butter and milk.



# PEANUTTY SUPREME SQUASH CASSEROLE

2 pounds yellow squash	1 cup sour cream
2 ounces pimento, drained, diced	1 - 7 oz. package Herb stuffing mix
2 carrots, grated	1 stick margarine, melted
1 can cream of chicken soup	1 cup salted peanuts chopped

Slice squash. Cook in small amount water until tender. Drain; Add pimento, onion, carrot, soup, sour cream and mix. Toss stuffing, nuts and margarine. Spoon half of stuffing mixture into casserole. Pour in squash mixture and top with remaining stuffing mix. Bake at 375° for 30 minutes.

Mrs. Carroll Jarvis (Betty)

## CREOLE SQUASH

2 1/2 pounds yellow or zucchini squash  
3 tablespoons butter  
1 hot red pepper or 1/4 teaspoon dried  
3 tablespoons flour  
1 medium onion chopped  
Bread crumbs and Parmesan cheese mixed

3 large fresh tomatoes, Chopped or 2 cups canned  
1 teaspoon salt  
1 green pepper chopped  
1/4 cup fresh minced basil or 1 teaspoon dried

Wash, slice and boil squash, drain well. In heavy skillet melt butter, add flour, stir and blend. Add onions, tomatoes, green pepper, and seasonings. Cook 5 minutes. Place drained squash in greased shallow casserole and pour sauce over it. Cover top with cheese, crumbs mixture (at this point it freezes well) and bake at 350° for 30 minutes.

Elizabeth Tankard Holeman

## POSH SQUASH

2 pounds yellow squash, sliced	1/4 green pepper, chopped
2 eggs	1 cup grated Parmesan
1 cup mayonaisse	cheese
1 small onion, chopped	Salt & pepper to taste

Cook squash 'til tender. Drain well. Beat eggs. Add all ingredients to eggs. Pour into buttered baking dish. Dot with butter or top with buttered bread crumbs. Bake at 350° for 30 minutes. Serves 6 - 8.

Mrs. Henry Rumley (Mildred)

## SQUASH CASSEROLE

2 pounds summer squash	1 tablespoon chopped pimento
2 grated carrots	1 tablespoon butter
1 large onion, chopped	1 can cream of chicken soup
1/2 bell pepper, chopped	1 cup sour cream
1 package stuffing mix	1 stick oleo

Cook squash in salted water, drain and mash. Sauté onion and bell pepper in 1 tablespoon butter, add to squash. add soup, sour cream, carrots and pimento. Melt one stick of oleo and add to stuffing mix. Stir and add 1/2 of this to squash mixture. Put in casserole and top with rest of buttered stuffing mix. Bake at 350° for 30 minutes. Serves 8. Can be made ahead and frozen.

Mrs. J. T. Campbell (Sarah)

## BAKED ACORN SQUASH

3 small acorn squash	Cinnamon
2 tablespoons butter	2 tablespoons brown sugar or substitute

Cut squash in half, remove seeds and place cut side down in pan. Add 1/2 inch of water and bake at 400° for 30 minutes. Pour off water, turn cut side up. Sprinkle with cinnamon and brown sugar and place a pat of butter inside each half. Return to oven and bake at 400° for 30 minutes longer. Serves 6.

Mrs. Vernon Allen (Thelma)

## RICE PARISIAN

Brown lightly 1/2 cup uncooked rice and 1/3 cup sliced cooked mushrooms (4 oz. can, drained) in 2 tablespoons butter or margarine. Stir in 1 can Campbell's Onion Soup and 1/2 soup can water. Cover; cook over low heat about 25 minutes until rice is tender. Serves 4.

Hallene Cayton



## SQUASH MOUSSE AU GRATIN

6 medium squash	1 1/2 teaspoon salt
3 Tablespoons butter	1/8 teaspoon pepper
4 finely chopped green spring onions	2/3 cup sour cream
1/4 cup minced parsley	4 Tablespoons bread crumbs
	2 Tablespoons grated Parmesan cheese

Wash squash, and cut in small pieces. Steam covered, in a strainer over boiling water until tender (about 20 minutes). Drain, shred with 2 knives and drain again.

Melt 1 tablespoon butter in a skillet and sauté onions until wilted. Stir in squash, parsley, salt, pepper and sour cream and cook a few minutes. Spoon mixture into 1 1/2 quart casserole. Top with bread crumbs, grated cheese and dots of remaining 2 tablespoons butter. Bake, uncovered, at 375° for 30 minutes. Place under broiler for 4 or 5 minutes to brown the top. (Can also be used for zucchini in place of the squash.) Serves 6.

Neva McMullan

## ZUCCHINI SQUASH CASSEROLE

10 zucchini squash	1/2 teaspoon salt
1/2 cup butter	1/4 cup chives
3/4 cup Cheddar cheese	1/2 teaspoon paprika
1/4 cup Gruyere cheese	1 cup crumbs
1 cup sour cream	Parmesan cheese

Preheat oven to 350°. Slice zucchini in hunks. Cook a few minutes in boiling salted water. Drain thoroughly. Make a sauce from the butter, cheddar cheese, Gruyere, sour cream, salt, chives, paprika. Put squash in 3 quart casserole dish. Pour sauce over the top. Sprinkle crumbs on this. Dot with butter. Grate parmesan cheese over the crumbs. Bake until heated through. Serves 8.

Beck Leach  
Barbara Winfield

## BAKED TOMATOES

6 tomatoes	1 cup bread crumbs
4 tablespoons butter	1 teaspoon sugar
Salt and pepper	

Peel tomatoes and cut into slices 1/4 inch thick. Place a layer of tomatoes in pyrex baking dish, and sprinkle with a little salt and pepper. Rub the butter into the crumbs with the sugar. Spread the mixture thickly upon the tomatoes, using all of it. then add another layer of tomatoes. Sprinkle with more bread crumbs and add bits of butter and bake 20 minutes at 375°.

Mildred McM. Rumley

## BAKED STUFFED TOMATOES

8 medium tomatoes	1/2 cup sugar
4 stalks of celery	1 teaspoon salt
1 green pepper, chopped fine	
1 onion, grated	1/2 cup sifted bread crumbs
3 tablespoons butter	1 teaspoon baking powder

Cut out inside of tomatoes, leaving a shell. Sautè tomato pulp with celery, green pepper and onion in butter until smooth. Add sugar, crumbs and 1 teaspoon of baking powder. Fill tomato cups, cover with crumbs and dot with butter. Bake in pan with a little water in 350° oven 10 to 15 minutes or until soft.

Mrs. L. A. Squires (Phoebe)

## SPICED TOMATOES

1 large can tomatoes	1 tablespoon celery seed
1 large bell pepper, diced	Sugar to taste
1 large onion, chopped	Few stick cloves

Mix all ingredients together and cook on top of stove for 1 hour. This is excellent served with cold meats.

Mrs. Charles Franklin(Marianna)

## FRIED GREEN TOMATOES

6 large, firm green tomatoes    1 cup cornmeal  
Salt and Pepper to taste        Bacon drippings or shortening

Cut tomatoes into 1/4 inch slices. Season with salt and pepper; dredge in cornmeal. Heat bacon drippings in a heavy skillet; add tomatoes, and fry slowly until browned, turning once. Yield 6 to 8 servings.

Mrs. Charles Franklin(Marianna)

## TOMATO PUDDING

2 cans (1 lb.-12 oz) tomatoes    1 teaspoon salt  
1/2 cup butter or margarine    4 slices toasted bread, broken  
1 cup granulated sugar            into small pieces

Grease 1 1/2 quart casserole. Mix all ingredients well and put in casserole. Dot top with bits of butter and push down into ingredients. Bake in 350° oven 1 1/2 hour. Increase temperature to 375° during the last 15 minutes. Makes 6 to 8 servings.

Mrs. Carl Jackson (Tillie)

## VEGETABLE CASSEROLE

1 - 20 ounce package frozen    1/4 cup margarine, melted  
    mixed vegetables            1 cup mushroom soup  
1 cup shredded cheese           1 cup herb dressing  
1/2 cup finely chopped onion

Cook frozen vegetables 25 minutes, drain and pour into casserole dish. Combine cheese, onion, melted margarine and mushroom soup and pour over vegetables. Top with herb dressing and bake at 350 degrees for approximately 25 minutes. Do not over cook.

Mrs. Charles Franklin

## VEGETABLE CHEESE BAKE

1 pound fresh cut-up cauliflower, broccoli, brussel sprouts  
or green beans or about 1 pound frozen  
2 eggs, slightly beaten                      2 tablespoons lemon juice  
1 1/2 cup milk                                      1 teaspoon salt  
1/2 cup grated cheddar cheese              Dash white pepper

Place vegetables in buttered oven-proof casserole (about 2 quarts). Combine remaining ingredients and pour over vegetables. Set in a pan of hot water and bake in 325° oven 35 minutes or until mixture is firm. Serves 4 to 6.

Note: This makes a light entree coupled with a salad and some good rye bread.

Mrs. Charles Franklin (Marianna)

## HARVEST BOUNTY CASSEROLE

*"When summer vegetables are plentiful, this dish is economical and tasty served with ham slices."*

3 cups cut-up green beans,      1 cup Bisquick baking mix  
cooked and drained              2 teaspoons salt  
2 medium green peppers,        1 teaspoon cayenne red pepper  
chopped                              1 cup milk  
6 medium tomatoes, chopped    6 eggs  
3 cups shredded Cheddar cheese (about 12 ounces)

Heat oven to 350°. Grease baking dish (large shallow type). Spread beans and peppers in dish, sprinkle with tomatoes and cheese. Beat remaining ingredients with hand beater until smooth. Pour over vegetables and cheese. Bake uncovered until golden brown, 45 to 50 minutes. Let stand 10 minutes before serving. Serves 10 to 12.

Marilyn Franz

## FRUITS



*Wash strawberries before removing stems, to prevent loss of juice.*

### HOT FRUIT

1 can peach halves, (29 oz) drained	1/2 cup Cointreau
1 can apricot halves, (29 oz) "	1/2 cup honey
3 apples cut in 1/2 inch slices	1/2 cup brown sugar
2 cups fresh strawberries	2 teaspoons cinnamon
2 bananas sliced lengthwise	1 teaspoon nutmeg

Place all fruit except bananas in 2 quart casserole. Pour Cointreau and honey over fruit. Sprinkle with sugar and spices. Bake uncovered at 400° for 20 minutes. Add banana slices and bake another 10 minutes. Serve hot.

Mrs. W. A. Stringer (Barbara)

### FRUIT COOKED IN SHERRY

2 (#2) cans sliced pineapple	1 cup sherry
2 (#2) cans apple rings	1 stick butter
2 (#2) cans peach halves	1/2 cup sugar
2 (#2) Cans apricots	2 tablespoons flour

Make sauce with sherry, butter, sugar and flour and pour over fruit. Store in refrigerator overnight. Bake at 350° for 30 minutes.

Serving suggestions: stack pineapple, peach, apple ring, apricot - stick toothpick down through top with cherry.

Jane McCotter  
Margaret Brewbaker

## PINEAPPLE PICKS

1 (#2) can pineapple chunks	Dash salt
3/4 cup vinegar	6 to 8 whole cloves
1 1/4 cups granulated sugar	1 4" piece stick cinnamon

Day or so ahead - drain syrup from pineapple chunks. To 3/4 cup syrup add vinegar, sugar, salt, cloves, cinnamon. Heat 10 minutes. Add pineapple chunks, bring to boil. Refrigerate until time to serve.  
To serve: drain pineapple chunks - serve chilled with picks.

Mrs. Edward H. Jones (Jacqueline)

## PINEAPPLE BAKE

1/4 cup butter	5 slices bread, cut in cubes
1/2 cup sugar	4 beaten eggs
1 (20 oz) can crushed pineapple, drained	

Cream butter and sugar and combine with other ingredients and put in 1 1/2 quart casserole. Bake 350° for 45 minutes. Serve with main course, this is not a dessert

Mrs. Arthur Beales (Louise)

## BAKED FRUIT

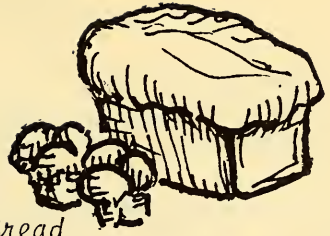
1 large can pears	Grated rind of 1/2 orange
1 can apricot halves	and juice
1 can sliced pineapple	Grated rind of 1/2 lemon
1 can sliced peaches	and juice
1 can mandarin orange slices	3/4 cup brown sugar
1 or more teaspoons ground ginger	

Drain juice from fruit, place in a large flat baking dish. Mix all other ingredients and pour over fruit. Bake one hour at 350°. Serve warm with chicken, beef or pork. Almost any canned fruit can be substituted.

Louise Satterthwaite  
Mary McLaurin



## BREADS



Be gentle when you Touch Bread  
Let it not be uncared for, unwanted.  
So often bread is taken for granted.  
There is such beauty in bread:  
Beauty of sun and soil,  
Beauty of patient toil.  
Wind and rain have caressed it.  
Christ often blest it.  
Be gentle when you touch bread.

Rena Terrell

## BASIC CREPE RECIPE

1 1/4 cups plain flour	1 1/2 cups milk
Pinch of salt	2 tablespoons butter, melted
3 eggs, beaten	

Put all in bowl and beat well. Let batter stand one hour.

For dessert crepe, add 2 tablespoons sugar and 1/2 teaspoon lemon, rum or brandy extract.

For Ham and Asparagus crepes:

Place 1 large, thinly sliced piece of ham on each crepe.  
Top with 2 spears of asparagus. Sprinkle with Parmesan  
cheese and roll. Place in buttered casserole and bake at  
350° for 15 minutes. Cover with hot Hollandaise sauce and  
serve.

\*Hollandaise Sauce:

3 ounces cream cheese, softened	
2 egg yolks	Dash of salt
2 tablespoons lemon juice	1/4 cup butter or margarine, melted

Blend well, place in top of double boiler and heat well.  
Freezes well.

Mrs. Vernon Allen (Thelma)  
Flora Belle Brown

## BAKING POWDER BISCUITS

2 cups flour	1/2 cup Crisco
1 teaspoon salt	2/3 cup milk
3 teaspoons baking powder	

Sift dry ingredients. With hands crumble shortening into flour. Add 2/3 cup milk. Knead lightly (10 times). Roll to desired thickness. Cut with biscuit cutter and cook at 450° until brown. "If used for ham biscuits split biscuits while hot." "Please never cut open a hot biscuit."

Rena Terrell

## ANGEL FLAKE BISCUITS

5 cups self-rising flour	1 package dry yeast
1/3 cup sugar	1/3 cup warm water
1 cup Crisco shortening	1 - 2/3 cups buttermilk

Dissolve yeast in the warm water. Sift the flour in a large bowl along with the sugar. Work the shortening into the middle of the flour. Work with hands until it is crumbly. Add the dissolved yeast in the water and the Buttermilk. Work with your hands until you are able to handle and knead it. Roll out on floured surface and cut into biscuits. Dough will keep refrigerated for two weeks, but I like to bake them all, freeze them, then pull out what I need and reheat. You don't have to let them rise before baking, but they are a shade better if you do.

Thelma Allen



*Dry biscuits are caused from baking in too slow an oven and handling too much.*

## BANANA BREAD

3 eggs	1 teaspoon baking powder
2 cups sugar	1 teaspoon salt
1 1/2 cup Wesson Oil	2 teaspoons vanilla
3 cups plain flour	1 1/2 cup mashed banana

Cream together eggs, sugar, and Wesson Oil. Sift together the flour, salt, and soda. Add gradually to the creamed mixture. Stir in vanilla and bananas. Put in greased and floured bundt pan or two loaf pans. (easy and moist).

Lois McLaughlin

## BATTER CAKES

2 cups flour	Little salt
2 eggs	4 teaspoons baking powder
2 teaspoons sugar	Milk (about 3 cups)

Cream yolks and sugar. Add little flour, then little milk until all is mixed. Beat whites separately and fold in last. Cook on hot griddle. Makes about 20 cakes.

Mrs. Henry Hodges (Kack)



Greaseless Griddle Cakes: When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

## BETTER BRAN MUFFINS

1 cup all-purpose flour	1 1/4 cups Nabisco 100% Bran
1/2 cup brown sugar	1 cup milk
2 1/2 teaspoons baking powder	1 egg
1/2 teaspoon baking soda	1/4 cup vegetable oil
1/2 teaspoon salt	1/2 cup raisins (Optional)

Blend first 5 ingredients and set aside. Stir together Bran and milk and let stand 5 minutes. Add egg and oil; beat until blended. Add flour mixture, stirring just until combined - do not over mix. Fill greased muffin pan cups 2/3 full. Bake in preheated 400° oven about 20 minutes. Makes 12 to 14 regular size muffins.

Emily and Catherine Winfield

## 6 WEEKS BRAN MUFFINS

1 15 ounce box Raisin Bran Cereal	1 to 2 teaspoons salt
5 cups flour	4 eggs
3 cups sugar	1 quart buttermilk
5 teaspoons baking soda	
1 cup margarine or shortening, melted, or oil	

Mix Bran cereal, flour, sugar, soda and salt. Beat eggs and blend with buttermilk and oil. Add dry ingredients to the egg mixture. Refrigerate over night - or for 6 weeks and use as needed. Fill oiled muffin tins 2/3 full. Bake at 375° for 20 minutes. Makes about 5 1/2 dozen. More raisins or nuts are optional.

Hallene L. Cayton  
Susan S. Dawson



*Coarse textured muffins are caused from insufficient stirring and cooking at too low a temperature.*

BLANCHE MANOR'S SOUFFLE SPOON BREAD  
(As told to Mrs. Harry McMullan, Sr.)

1 1/2 teaspoon butter	2 eggs, well beaten
2 cups boiling water	2 teaspoon baking powder
2 cups sifted corn meal	1 teaspoon salt
2 cups milk	

Mix butter and salt with the meal and pour the boiling water over it, stirring quickly. Add milk at once to avoid lumping. Add beaten eggs and baking powder. Pour into buttered baking pan. Bake 350° for 30 to 40 minutes, or until knife inserted in the center of the bread comes out clean. Serve with butter.

Submitted: by Mildred Rumley

BLUEBERRY MUFFINS

1 1/2 cups self-rising flour	1/2 cup milk
1/2 cup sugar	1/4 cup butter
1 egg	1 cup blueberries

Mix flour and sugar. Beat egg and milk together. Add melted butter, sugar and flour. When batter is well blended, add blueberries, stirring as little as possible. Spoon into oiled muffin tins and bake at 400° for 30 minutes. Makes 12 large muffins.

Mrs. Susan B. Smith

GRITS SPOON BREAD

2 cups cooked grits	1 teaspoon sugar
1/2 cup flour	4 tablespoons oleo, melted
3 eggs, beaten	1 teaspoon salt
2 teaspoons baking powder	1 cup milk

If grits are cold, mash with a fork. Add melted butter, milk, beaten eggs, salt, baking powder, and sugar. Mix well. Pour into buttered casserole and bake at 375° for 45 minutes to 1 hour.

Mrs. Vernon Allen (Thelma)

## CREAM CHEESE BISCUITS

1 3 ounce package, Cream Cheese  
1 stick butter  
1 cup flour

Soften cream cheese and butter at room temperature and cream together. Blend in flour and shape into rolls. Wrap in wax paper and chill several hours or overnight in refrigerator. Slice and bake on ungreased cookie sheet at 400° for 15 to 20 minutes.

"These are good for buffet or luncheon as they don't have to be buttered."

Mrs. Vernon Allen (Thelma)

## DILLY BREAD

1 package yeast	1/4 teaspoon soda
1/4 cup warm water	1 tablespoon instant minced onion
1 cup creamed cottage cheese (lukewarm)	2 teaspoons dill seed
2 tablespoons sugar	1 unbeaten egg
1 tablespoon butter	2 1/4 to 2 1/2 cup all purpose flour
1 teaspoon salt	

Soften yeast in water. Combine cottage cheese, sugar, onion, butter, dill seed, salt, soda, egg and softened yeast. Add flour to form stiff dough, beating well after each addition. Cover. Let rise in warm place until light and doubled in size.

Stir down dough. Turn into well-greased 8" round (1 1/2 to 2 quart) casserole. Let rise in warm place until light (30 to 40 minutes). Bake at 350° for 40 to 50 minutes until golden brown. Brush with butter and sprinkle with salt.

Note: "I double this recipe and bake in three small loaf pans for about 35 minutes. I like this better for toasting or sandwich-making." J.H.

Mrs. Chester Hayes (Judy)  
Marje Harper



## CORNMEAL CAKES

2 cups sifted corn meal      Enough sour cream to mix  
2 light teaspoons baking powder      fairly soft dough  
3 teaspoons sugar, plus 1 pinch      2 large eggs, or 4 if small  
1 teaspoon salt

Batter must be at room temperature before cooking. Fry in medium hot oil. When one side is done, turn, then brush butter on turned side with pastry brush before taking up.

Mildred McMullan Rumley

## DELORES COCKEY'S GINGERBREAD

1 cup molasses  
1 teaspoon soda  
1 egg  
1/2 cup butter

1/4 cup warm water  
2 tablespoons ginger  
2 cups self-rising flour

Mix molasses and soda until it foams. Beat in egg, melted butter, warm water and ginger. Add sifted flour and mix well. Put batter in buttered and floured 9 x 9 pan and bake at 350° for 30 minutes.

Submitted by Frances Hulbert

## RICH CORN BREAD

1 cup self-rising corn meal      2 eggs  
                 or                        1/4 cup oil  
1 cup plain corn meal and      1 carton (8 oz.) sour cream  
3 teaspoons baking powder  
and 1 teaspoon salt  
1 small (8 oz.) can cream corn

Mix well and bake in greased 9 x 9 inch pan if you like it thick or larger for thinner, crisper cornbread. Preheated 400° oven for 30 minutes.

Pat Tankard Brown

## DOUBLE CORN SPOON BREAD

3 1/2 cup milk	2 tablespoons butter or
1 cup yellow cornmeal	oleo
2 teaspoons salt	5 eggs, well-beaten
1 can (17 oz.) cream style corn	

Heat 3 cups milk in top of double boiler over hot water. Mix cornmeal with salt and remaining 1/2 cup milk; cook, stirring until thick; cover and cook five minutes. Add corn and cook a few minutes longer. Add butter and stir until melted. Cool slightly. Fold in eggs. Put in greased two quart casserole. Bake in moderate oven, 375°, one hour or until firm but light. Serve at once with lots of butter. Serves 6.

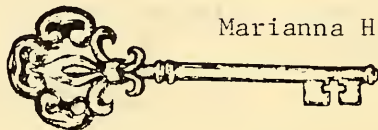
Mrs. W. A. Stringer, Jr. (Barbara)

## ICE BOX ROLLS

1/2 cup boiling water	1 teaspoon salt
4 tablespoons butter	4 tablespoons sugar
4 tablespoons lard	1 package dry yeast
1/2 cup ice water	1 tablespoon luke warm
3 1/2 cups flour	water
	1 egg

Mix boiling water, butter and lard. Let stand until fats have melted. Cool. Add ice water, salt and sugar. Add yeast to luke warm water and let stand five minutes. Add to fat mixture and add egg and 1/2 the flour. Beat 2 minutes. Add rest of flour. Shape into ball. Place in a greased bowl, cover with waxed paper and store in ice box. This dough will keep for a week.

When rolls are desired, shape like Parker house rolls and let rise from two to three hours or until the dough has doubled in bulk. Bake about 12 minutes. Makes about 4 dozen rolls, depending on size desired. Oven 400°.



Marianna H. Franklin

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 tablespoon milk, then bake.

## SWEET ROLL DOUGH

<i>2/3 cup milk</i>	<i>2 packages dry yeast</i>
<i>1/2 cup sugar</i>	<i>2 tablespoons sugar</i>
<i>1/3 cup shortening</i>	<i>3 eggs, beaten</i>
<i>1 1/4 teaspoon salt</i>	<i>About 6 cups all-purpose flour</i>
<i>2/3 cup warm water</i>	

Scald milk; add 1/2 cup sugar, shortening, and salt, stirring until sugar dissolves and shortening melts. Cool mixture to lukewarm.

Combine water, yeast, and two tablespoons sugar in a large bowl; let stand five minutes. Stir in milk mixture, eggs, and 3 cups flour, beat until mixture is smooth. Add remaining flour, 1 cup at a time, stirring well until a soft dough is formed.

Turn dough out on a floured surface and knead until smooth and elastic (5 to 8 minutes). Place in a well-greased bowl, turning to grease top. Cover tightly, and let rise in a warm place, free of drafts, 1 1/2 hours or until double in bulk. Punch dough down and divide in half. Proceed with directions for Cinnamon Rolls.  
Makes 3 dozen rolls.

## CINNAMON ROLLS

*1 recipe sweet roll dough*  
*3 tablespoons butter or margarine, softened*  
*1 cup sugar*  
*2 teaspoons cinnamon (May use More)*  
*Raisins - about 1 cup*  
*Nuts - about 1 cup, chopped*

Turn dough out on a floured surface; roll dough into a rectangle 1/2" thick. Spread butter over dough, leaving a narrow margin on all sides. Combine sugar and cinnamon; sprinkle over butter. Sprinkle dough with raisins and nuts, if desired. Tightly roll up jelly roll fashion, beginning at long side. Pinch edge and ends to seal. Cut roll into one inch slices. Place slices, cut side down, in 2 greased 9" cakepans (fit will be tight).

Cover; let rise in a warm place (85°), free of drafts, 45 minutes or until double in bulk. Bake at 375° for 25 to 30 minutes. Store rolls in air tight container.

Flora Belle Brown

### SALLY LUNN MUFFINS

3/4 cup margarine or 3/4	3 eggs
cup Wesson Oil	3 cups self-rising flour
2/3 cup sugar	1 cup milk

Cream margarine and sugar. Add remaining ingredients. Mix well. Spoon into greased muffin tins. If you use small size, 1 teaspoon batter for each muffin. Bake at 400° for about 10 minutes. Makes 70 small size.

to make 84 muffins, increase by adding:

1/4 cup margarine or 1/4 cup Wesson Oil  
1/3 cup sugar  
1 cup flour  
1/3 cup milk

Mrs. Colon McLean, Sr. (Pauline)

### SOUR CREAM BREAD

1 package dry yeast	1 - 16 oz. carton sour cream
3 tablespoons sugar	1 teaspoon salt
1/4 teaspoon soda	4 1/2 cups all purpose flour
1/4 cup warm water (105°)	

Dissolve yeast and sugar in warm water in small mixing bowl and let stand 5 minutes. Combine sour cream, salt and soda in large bowl, add yeast mixture and mix well. Gradually add flour and mix well. Turn dough out on floured surface and knead 1 to 2 minutes, until smooth and elastic. Grease a large bowl, shape dough into a ball and put in bowl, turning so top is greased. Cover and let rise in a warm place (85°) until doubled in bulk. Punch down and divide in half. Place each half in greased loaf pan and let rise about 1 hour. Bake at 375° for 1 hour.

Mrs. John Hudson (Peggy)

## HUSH PUPPIES

2 1/2 teaspoons baking powder	1/2 teaspoon sugar
2 scant cups corn meal	1 egg
2 heaping tablespoons flour	1 medium size onion,
1 teaspoon salt	chopped finely

Mix all together with enough water to hold together and to make a soft dough. Roll out (with hands) in shape of fingers (or drop by teaspoonfuls) and fry in hot bacon drippings.

Jane Hardisty (by: Mildred  
McM. Rumley)

## PERSIMMON BREAD

3 1/2 cups sifted plain flour	2 1/2 cups sugar
1 1/2 teaspoons salt	1 cup oleo, melted
2 teaspoons baking powder	4 eggs lightly beaten
1 teaspoon baking soda	2/3 cup Bourbon
1 teaspoon each of cinnamon	2 cups ripe persimmon pulp
nutmeg and mace	1 cup nuts and 1 cup raisins

(Persimmons must be ripe and mushy to squeeze pulp out.)

Sift dry ingredients in a large bowl. Blend beaten eggs with sugar and oleo. Add Bourbon, persimmon pulp, nuts and raisins. Mix well. Grease and flour three loaf pans and divide batter between them. Bake at 350° for one hour. Let cool in pans for 15 to 20 minutes before turning out the three loaves. Will keep in refrigerator wrapped in foil, three weeks. Also freezes well. Nice, plain, with morning coffee or to make cream cheese sandwiches for luncheons.

Mrs. Vernon Allen (Thelma)



The next time a recipe calls for buttermilk and you don't have any, try this handy substitute: Put 1 tablespoon of vinegar or lemon juice in measuring cup, add enough whole milk to make 1 cup. Let stand 5 minutes to thicken slightly.

## LOAF BREAD

1 cup sugar	2 cups warm water
2 packages dry yeast	5 teaspoons salt
2 cups scalded milk	12 or less cups of flour
1 stick butter (no substitute)	

Soften yeast in warm water. Melt butter in warm milk. Add to yeast mixture. Add salt and sugar. Gradually stir in flour (3 cups at a time) and mix well. Knead on floured surface for 10 minutes. Place in greased bowl or container and cover. Let rise in a warm place until doubled or more in bulk. Mash down thoroughly. Place in four loaf pans to rise in a warm place until dough reaches top of pan. Bake at 350° for 20 minutes. Brush with melted butter. Bake for 30 minutes. Remove to wire racks until cold.

### VARIATIONS:

#### WHOLE WHEAT LOAF BREAD

Use 7 or 8 cups whole wheat flour with 4 to 5 cups of white flour.

#### CHRISTMAS BREAD

Add 1/2 cup sugar to yeast mixture with white flour, 1 teaspoon cinnamon and 1 (16 oz.) carton mixed fruit (Used for fruit cake) chopped fine.

Rena Terrell

#### PERFECT CORN BREAD

1 cup yellow meal	1/4 cup sugar
1 cup flour	2 eggs
4 teaspoons baking powder	1 cup milk
3/4 teaspoon salt	1/2 cup oil

Mix, pour into greased pan. Bake at 425° oven for 20 to 25 minutes.

Marianna H. Franklin



## ORANGE BREAD

2 tablespoons shortening	2 1/2 cups flour
2/3 cup sugar	1 teaspoon soda
1 egg	1 teaspoon baking powder
Juice and rind of 1 orange	1/2 cup raisins
placed in a cup and filled with boiling water	1/2 cup nutmeats

Cream shortening and sugar. Add and mix egg. Add dry ingredients alternately with liquid. Pour into greased loaf pan and bake at 350° for approximately 1 hour.

Mrs. W. A. Stringer, Jr. (Barbara)

## PUMPKIN BREAD

3 1/2 cups flour	1 cup Crisco oil
2 teaspoons soda	4 eggs
1 1/2 teaspoons salt	1/2 cup water
1 teaspoon cinnamon	2 cups Pumpkin, Mashed
1 teaspoon nutmeg	
2 teaspoons Pumpkin Pie Spice	
3 cups sugar	

Sift together flour, soda, salt, spices and sugar. Make a hole in center of sifted ingredients and add other ingredients which have been blended. Mix all together and stir well.

Makes 2 - 5 x 9" loaves or 3 - 4 x 8 loaves. Bake at 350° for about one hour. Serve warm with butter if desired or cold with cream cheese. Freezes well.

Flora Belle Brown



To cut fresh bread, heat the serrated knife.

## MEXICAN CORNBREAD

1 1/2 cups yellow corn meal	1 cup grated cheese
3 teaspoons baking powder	1 small can cream style corn
1/2 teaspoon salt	1/2 cup Jalapeno chopped
2 eggs	peppers (remove seeds)
1 cup sour cream	1/2 cup shortening or oil

Stir dry ingredients; add remaining ingredients and mix well. Fill greased muffin pans half full and bake at 450° for 15 to 20 minutes. Makes 12 servings.

May be baked in baking dish for 25 to 35 minutes at 450°.

Marilyn Franz

## OATMEAL PANCAKES

1 cup unbleached flour (can use 1/2 cup whole wheat)	1/2 teaspoon baking soda
1 cup rolled oats	1 1/2 cup buttermilk (about)
2 teaspoons baking powder	2 eggs, beaten
1 teaspoon salt	1/4 cup melted margarine

Mix flour, oats, baking powder, salt, and soda. Stir in 1 1/2 cups buttermilk, the eggs, and margarine until smooth. Using 1/4 cup batter for each pancake, bake on hot griddle until golden. (Stir in little more buttermilk if needed). Makes 12 - 14 pancakes.

Gretchen Cochran

## POP-OVERS

2 cups self-rising flour	1 cup milk
3 tablespoons mayonnaise	1 teaspoon sugar

Combine all ingredients in bowl and mix thoroughly. Spoon into well-greased muffin tins. Preheat oven to 350°. Bake for about 20 minutes. Yield 1 dozen large or 2 dozen small muffins.

Mrs. Vernon Allen (Thelma)

## PUMPERNICKEL BREAD

1 <i>tablespoon dried yeast</i>	2 <i>tablespoons oil</i>
1 <i>tablespoon salt</i>	2 <i>cups rye flour (or meal)</i>
1/2 <i>cup molasses</i>	4 <i>cups unbleached white</i>
2 1/2 <i>teaspoons caraway seed</i>	<i>flour (or whole wheat)</i>

Dissolve yeast in 1 1/2 cup lukewarm water, then add all ingredients except last two. Stir very well. Add 2 cups wheat flour and stir vigorously. Knead in rest of flour. In oiled bowl, let rise in warm spot three hours or until double. Knead down. Shape in 2nd balls or loaves. Place on greased pans. Let rise 45 minutes. Bake in preheated 400° oven 10 minutes, then lower heat to 350° and bake 30 minutes. Makes 2 round loaves or 2 dozen rolls.

Gretchen Cochran

## SPOON BREAD

1 1/2 <i>cups boiling water</i>	1 <i>cup buttermilk or sour milk</i>
1 <i>cup cornmeal</i>	1 <i>teaspoon baking soda</i>
1 <i>egg</i>	3/4 <i>teaspoon salt</i>
1 <i>teaspoon vegetable oil</i>	

Pour boiling water over meal and let cool. Beat in egg, milk, soda, and salt. Pour batter into hot greased 7" baking dish. To keep bread soft, add a few tablespoons sour or sweet milk. Bake in moderate oven.

Mrs. Ellen Buckman

## COLONIAL SWEET POTATO BISCUITS

Sift together 2 cups flour, 1/2 teaspoon soda, 1 teaspoon salt, and work in four level tablespoons lard. Mix 1 cup mashed sweet potatoes with 1/2 cup sour milk and mix into a soft dough. Roll thin and bake in a hot oven.

Mrs. Harry McMullan, Sr.

### SPICED ZUCCHINI BREAD

3 cups flour	3 eggs
2 teaspoons baking soda	2 cups sugar
1 teaspoon salt	1 cup vegetable oil
1/2 teaspoon baking powder	2 teaspoons vanilla
1 1/2 teaspoon ground cinnamon	2 cups zucchini, coarsely shredded
3/4 cup finely chopped nuts	
1 - 8 oz. can crushed pineapple	

Combine flour, soda, salt, baking powder, cinnamon and nuts and set aside. Beat eggs lightly. Add sugar, oil and vanilla and beat until creamy. Stir in zucchini and pineapple. Add combined dry ingredients stirring only until moistened. Spoon into well greased and floured pans. Makes 2 - 9 x 5 x 3 pans. Bake at 350° about one hour. Cool 10 minutes. Remove from pan and cool on rack.

Linda Seale

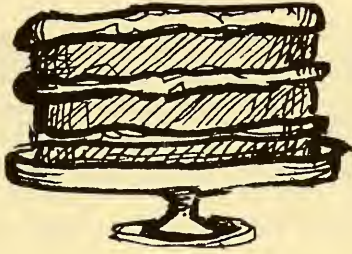
### WHOLE WHEAT REFRIGERATOR ROLLS

1 package yeast	1/2 cup vegetable oil
1 1/3 cups warm water	2 1/2 cups whole wheat flour
3 tablespoons sugar	2 1/2 cups all purpose flour
1 teaspoon salt	

Dissolve yeast and 1 tablespoon sugar in warm water and let it proof. Combine the flours with 2 tablespoons sugar and salt. Add oil and yeast water to flour mixture. Knead and add more white flour until it is of the right consistency. Place in greased bowl, cover and let rise until doubled in bulk. Punch down and store in covered bowl in refrigerator until ready to use. Pinch off amount of dough needed, shape into rolls and place in greased pan. Let rise until doubled in size, then bake at 375° for 10 to 20 minutes. (Dough will keep 5 or 6 days in refrigerator.)

Mary S. McLaurin

## CAKES



### ALMOST HEAVEN CAKE

In 13 x 8½ x 2" pan, cook one package yellow cake mix according to directions. When done and while hot, prick generously all over with fork. Pour 20-oz. can crushed pineapple, with juice, over surface. Mix 3 ¾-oz. package instant vanilla pudding mix with 2 cups cold milk. Blend in 1 8-oz. package softened cream cheese and spread over cake and pineapple. Cool. Over this, spread large package of whipped topping. Sprinkle with either grated coconut or broken nutmeats (optional). Refrigerate until ready to serve. Serves 12.

Mrs. Henry Rumley (Mildred  
McMullen)

## APPLE CAKE

1 cup cooking oil	1/2 teaspoon salt
2 cups sugar	1 teaspoon cinnamon
2 well beaten eggs	2 teaspoons vanilla
3 cups flour	3 cups chopped apples
1 teaspoon soda	1 cup chopped pecans

Combine oil and sugar. Add well beaten eggs. Measure and sift together dry ingredients and add to first mixture. Add vanilla, chopped apples, and nuts. Bake in greased and floured pan (13 x 9") or in a tube pan, about 55 minutes at 300°. This cake will stay moist and fresh for days.

### Topping:

1/2 cup margarine  
1 cup brown sugar  
1/4 cup cream

Heat margarine and sugar over low heat. Add cream and let come to a full boil. Remove from heat and cool; then pour over cake.

Mrs. Henry Hodges (Kack)  
Mrs. N. Henry Moore, Jr. (Florette)  
Margaret Brewbaker



To keep brown sugar fresh:

1. Add piece of fresh bread and close box securely.
2. Store in jar or clean coffee can with plastic lid. Add several marshmallows and close tightly.
3. Add apple, orange, or grapefruit slice; or add a lemon peel.



## BANANA SPLIT CAKE

4 or 5 bananas	1 large container Cool Whip
3 sticks margarine	2 eggs
2 cups graham cracker crumbs	2 cups powdered sugar
1 large can crushed pineapple, drained	1 jar cherries
3/4 cup chopped nuts	

Mix 1 stick margarine with crumbs. Press into 13 x 9 x 2" pan. Beat 2 eggs, 2 cups powdered sugar, and 2 sticks margarine for 10 minutes with electric mixer. Spread over crumb crust. Slice bananas lengthwise. Place over mixture. Spread pineapple over bananas. Cover with Cool Whip. Sprinkle with nuts. Arrange cherries in top. Refrigerate overnight. Cut in squares. Good party or bridge dessert.

Mrs. Robert C. Keys, Jr. (Kathryn)

## CARROT CAKE

4 eggs	2 teaspoons soda
1½ cups salad oil	2 teaspoons cinnamon
2 cups sugar	2 jars (junior size) baby carrots
3 cups flour	1 teaspoon vanilla
2 teaspoon baking powder	1/4 teaspoon salt

Beat eggs, oil, and sugar with spoon. Add dry ingredients. Bake at 300° for 1 hour.

Icing:

1 stick margarine	1 8-oz. package cream cheese (softened)
1 box confectioner's sugar	
2 teaspoon vanilla	1/2 cup chopped nuts

Blend with mixer, then stir in nuts. Spread on cool cake.

Ophelia Dixon (by Erin Tayloe)

## CHOCOLATE CHIP CAKE

1 cup chopped dates	1 teaspoon soda
3/4 cup butter or margarine	1/2 teaspoon salt
1 cup sugar	1 heaping tablespoon cocoa
2 eggs	2 cups flour
1/2 cup each of sugar, chopped nuts, & chocolate bits	

Pour  $1\frac{1}{4}$  cups of boiling water over dates. Cool. Combine and cream together the margarine, sugar, and eggs. Sift together soda, salt, cocoa, and flour. Add flour mixture alternately with dates. Pour into 8 x 13" greased pan. Sprinkle top with sugar, nuts, and chocolate bits. Bake at 350° for 35 minutes.

Mrs. W.A. Stringer (Barbara)

## CHOCOLATE SYRUP CAKE

1 stick margarine	1 can chocolate syrup (16 oz.)
1 cup sugar	1 cup self-rising flour
4 eggs	

Cream margarine with sugar. Add eggs one at a time, beating after each one. Add chocolate syrup and flour. Pour into greased and floured pans. Bake at 350° for 20-25 minutes.

Icing:

1 stick margarine	12 marshmallows
1/4 cup milk	1 box confectioner's sugar,
1/4 cup cocoa	sifted

Combine margarine, milk, cocoa, and marshmallows in top of double boiler. Melt together and then add confectioner's sugar.

Patti Campbell

## CHOCOLATE SHEET CAKE

Mix together 2 cups all-purpose flour and 2 cups sugar. Put in a saucepan: 1 stick margarine, 1/2 cup Crisco, 4 tablespoons cocoa, and 1 cup water. Bring to a boil and pour over sugar and flour mixture. Mix well. Add 1/2 cup buttermilk, 2 eggs, 1 teaspoon soda, and 1 teaspoon vanilla. Mix well and pour in 15 x 10" greased pan or one a little larger. Bake at 400° for 20 minutes.

### Icing:

Melt 1 stick margarine with 1 to 3 tablespoons cocoa and 6 tablespoons milk. Heat to boiling point, then remove from heat and stir in 1 box confectioner's sugar, 1 teaspoon vanilla, and 1 cup chopped pecans. Pour this over the hot cake while it is still in the pan. When cool, cut in squares.

"This recipe was given to me by Mrs. Eric Roberts (Eleanor) of Litchfield Beach, S.C. It always gets raves."

Mrs. Vernon Allen (Thelma)

## MRS. HARGROVE'S CHOCOLATE CAKE

2 cups sugar	1 teaspoon vanilla
3/4 cup margarine	2½ cups sifted flour
2 eggs	1/2 cup cocoa
1 teaspoon salt	1 teaspoon soda
1 cup sour milk	1 cup boiling water

Cream butter and sugar. Add unbeaten eggs, one at a time. Beat well after each addition. Add vanilla to milk. Alternate milk with flour which has been sifted with salt, soda, and cocoa. The alternating begins with flour and ends with flour. Add boiling water all at one time. Beat well.

### Fudge frosting:

2 rounded tablespoons cocoa	4 tablespoons margarine
1½ cups sugar	1/4 teaspoon salt
1/2 cup milk, less 1 tablespoon	1 tablespoon corn syrup

Mix all ingredients. Bring to boil over medium heat until rolling boil. Boil about 1 minute, stirring constantly. Add 1 teaspoon vanilla. Beat until thick enough to spread.

Mrs. Harvey Franz (Marilyn)

## PERFECT CHOCOLATE CAKE

1 cup cocoa	1/2 teaspoon baking powder
2 cups boiling water	1 cup butter or margarine
2 3/4 cups plain flour	2 1/2 cups sugar
1/2 teaspoon salt	4 eggs
2 teaspoons baking soda	1 1/2 teaspoons vanilla

In medium bowl, combine cocoa with boiling water. Use wire whisk to mix smoothly. Let cool completely. Sift flour with soda, salt, and baking powder and set aside. Cream softened butter with sugar in large bowl. Add eggs one at a time and beat until light and fluffy. Add flour mixture and cocoa mixture alternately. Add vanilla, beating until smooth but do not overbeat. Spoon batter into greased and floured cake pans and bake at 350° for 25 to 30 minutes. Cool in pans 10 minutes before removing to cool on racks.

### Frosting:

1 6-oz. package semisweet chocolate bits  
1/2 cup light cream  
1 cup butter or margarine  
2 1/2 cups powdered sugar

Put chocolate bits, cream, and butter in medium size saucepan over medium heat and stir until smooth. Remove from heat and beat in powdered sugar. Set aside.

### Filling:

1/2 pint whipping cream  
1/4 cup powdered sugar  
1 teaspoon vanilla

Whip cream, add sugar and vanilla. To assemble cake, please 1 layer on plate, top side down, and spread with half of whipped cream mixture. Repeat with second layer. Put third layer top side up and spread frosting on sides first and then the top, generously, with all frosting left. Refrigerate 1 hour or more before serving. Serves 10 or 12.

Mildred Rumley

## CHOCOLATE SURPRISE CUPCAKES

1 8-oz. package cream cheese	1 egg
1 1/3 cup sugar (divided)	1 cup chocolate chips
1 1/2 cup sifted flour	1/4 cup cocoa
1 teaspoon baking soda	3/4 teaspoon salt, divided
1 cup water	1 teaspoon vanilla
1 tablespoon vinegar	1/2 cup oil

Blend until smooth, the cream cheese, egg, 1/3 cup sugar, and 1/4 teaspoon salt. Set aside. Sift together the flour, cocoa, baking soda, 1 cup sugar, and 1 teaspoon salt. Add to dry ingredients the water, vanilla, vinegar, and oil. Blend well. Fill paper baking cups 1/3 full. Add 1 heaping tablespoon cream cheese mixture to each. Bake at 325° for 25 minutes. May leave plain or frost. Yield: 2 dozen.

Margaret Brewbaker

## CHRISTMAS CAKE

1 cup butter	1 lb. candied cherries
1 2/3 cup sugar	(half red, half green)
5 eggs	1 can Angel Flake coconut
2 cups plain flour, sifted before measuring	1/2 teaspoon vanilla
1/2 lb. pecans (2 cups)	Dash baking powder
1/2 lb. English walnuts (2 cups)	

Cream butter and sugar. Add eggs one at a time. Add flour, nuts, cherries, and coconut. Pour into lined and greased tube pan. Bake 3 hours and 15 minutes at 250°.

Mrs. Ronald H. Cutler

## COCONUT CAKE

1 6-oz. carton sour cream  
1 8-oz. package frozen coconut  
2 cups sugar  
Duncan Hines Butter Cake Mix

Mix the sour cream, coconut, and sugar, and put in refrigerator overnight. Bake the cake in two layers. Split the layers, making four. Spread layers with coconut mixture. Frost with 9-oz. package of Cool Whip. Keep in refrigerator. Freezes, too..

Lalla C. Bragaw

## DEVIL'S FOOD CAKE

1 cup milk	2 1/3 cups flour
2 squares baking chocolate	1 teaspoon soda
1/2 cup butter	1 teaspoon salt
2 cups brown sugar	1 teaspoon vanilla
3 eggs	

In the upper part of a double boiler, cook until thick the 2 squares of chocolate with 1/2 cup of milk. Stir constantly, then allow to cool. Cream 1/2 cup of butter. Add 2 cups brown sugar and beat until fluffy. Add 3 well-beaten eggs. To 2 1/3 cups sifted flour mix a teaspoon of soda and a teaspoon of salt. Sift again. Add alternately 1/2 cup of milk and flour to the egg mixture. Stir in the chocolate mixture and vanilla. Bake in 3 layers at 350° for about 30 minutes.

### Chocolate Icing:

3 squares baking chocolate	1 small can evaporated milk
1 lb. package brown sugar	Butter, size of very small egg

Stir constantly until mixture begins to boil. Take spoon from saucepan, turn flame low, and cook until it forms a soft ball in cold water. Start testing within a minute or so. Place saucepan in cold water and allow icing to get barely cool. Then beat until icing is ready to spread on cake that has cooled. Add nuts if desired.

Sue Blount



## "PIG-PICKING" CAKE

1 box Duncan Hines Yellow Cake Mix  
11-oz. can mandarin oranges, undrained  
4 eggs  
3/4 cup vegetable oil

Stir and pour batter into 9 x 13" pan. Bake at 350° for 15 minutes or until done.

### Icing:

1 20-oz. can crushed pineapple,  
slightly drained  
1 9-oz. container Cool Whip  
1 3-oz. package vanilla instant pudding

Mix dry pudding with pineapple. Fold in Cool Whip and spread on cake.

Miss Susan Smith

## BROWN SUGAR POUND CAKE

1 cup shortening	1 stick margarine
1 lb. box light brown sugar	5 eggs
3 cups all-purpose flour	1/2 teaspoon salt
1/2 teaspoon baking powder	1 cup evaporated milk
2 teaspoons maple flavoring	

Cream shortening, margarine, and brown sugar. Add eggs, one at a time, beating well after each addition. Sift dry ingredients and add them alternately with milk. Add flavoring. Pour mixture into greased and floured tube pan. Bake at 300° for 1½ hours. Cover with Brown Sugar Frosting. (Optional to have icing. Good without.) Freezes well.

### Brown Sugar Frosting:

1 stick margarine	1 cup brown sugar
1/4 cup milk	3 cups powdered sugar
1 teaspoon vanilla	

Melt margarine. Add brown sugar and stir 1 minute. Add milk, powdered sugar, and vanilla. Blend well until creamy.

Margaret Brewbaker

## COCONUT POUND CAKE

2 sticks butter	1 teaspoon vanilla
2 cups sugar	2 3½-oz. cans or 1 7-oz.
6 eggs	package flaked coconut
1 12-oz. box vanilla wafers, crushed	1 cup chopped pecans

Cream butter and sugar. Add beaten eggs. Fold in crushed vanilla wafers, vanilla, coconut, and nuts. Bake in tube pan 1 hour at 325°. Let cool 20 minutes before dumping. This cake is rich and chewy--good to have on hand at Christmas time.

Mrs. Vernon Allen (Thelma)

## ST. TIMOTHY'S COFFEE CAKE

2 sticks butter	1/2 teaspoon salt
2 cups sugar	1 teaspoon baking powder
2 eggs	1 cup sour cream
2 cups flour	1 cup chopped pecans
1 teaspoon cinnamon	3/4 cup golden raisins
	1 teaspoon vanilla

Preheat oven to 325°. Cream butter and sugar. Add eggs one at a time, mixing well. Sift dry ingredients and add alternately with sour cream and vanilla to butter mixture. When thoroughly blended, stir in nuts and raisins. Pour batter into greased and floured Bundt pan. Bake for 1 hour. Cool in pan for 1 hour and then remove.

Mrs. Henry B. Butt (Beulah)



*Roll raisins in flour before stirring them into a cake to prevent them from going to bottom.*

## COFFEE CAKE

1 stick butter	1 teaspoon salt
1½ cup white sugar	1 teaspoon baking powder
2 eggs	1/2 pint sour cream
2 cups sifted flour	1 teaspoon vanilla
1 teaspoon soda	Juice of 1/2 lemon

### Topping:

Mix together: 1/2 cup brown sugar, 1 teaspoon cinnamon, and 1 cup chopped nuts.

Grease and flour 13 x 10" pan. Cream butter and sugar. Add eggs and vanilla. Alternate flour with sour cream and add juice of half a lemon. Pour half of batter in pan and sprinkle with half of topping mixture. Pour in rest of batter and swirl remainder of topping on top. Bake at 325° for 40 or 50 minutes.

Mrs. Henry Hodges (Kack)

## LIGHTNING CAKE

1 cup flour	1/3 cup melted butter or
1 cup sugar	margarine
1 teaspoon baking powder	2 eggs in measuring cup--
	fill rest of cup with
	milk

Sift dry ingredients and stir in melted butter and eggs. Add 1 teaspoon vanilla extract and bake in two layers or cupcake pan, at 350°. Good recipe for children's cupcakes.

Jane McCotter

## THE SEVEN DWARFS' CUPCAKES

1/4 cup shortening	3 teaspoons baking powder
1/2 cup sugar	1 teaspoon vanilla
1 egg	1 cup sifted all-purpose flour
1/2 cup milk	

Preheat oven to 350°. Grease 12-cup muffin pan. Cream together shortening and sugar until soft and fluffy. Add egg and beat well. Sift flour with baking powder. Add to shortening mixture and stir. Then add milk and vanilla. Beat until smooth. Pour into muffin pan, filling halfway. Bake 20 to 25 minutes. Makes 12.

Happy's Chocolate Chip Cupcakes: Stir 1/2 cup chocolate chips into batter before pouring into muffin pan.

Grumpy's Gingersnap Cupcakes: Crumble 8 gingersnaps and stir them into batter before pouring into muffin pan.

Sneezy's Raisin Cupcakes: Stir 1/2 cup raisins into batter before pouring into muffin pan.

Dopey's Nutty Cupcakes: Stir 1/2 cup chopped nuts into batter before pouring into muffin pan.

Sleepy's Cocoa Cupcakes: Beat 1/4 cup cocoa into batter before pouring into muffin pan.

Bashful's Jelly Cupcakes: After filling the muffin cups, put 1/2 teaspoon jelly on top of the batter in each.

Doc's Peanut Butter Cupcakes: Add 3 tablespoons peanut butter to the batter when you add the egg.

This is from Walt Disney's "Mickey Mouse Cookbook."

Marilyn Franz

## ANNA ROSE'S FRUIT COCKTAIL CAKE

<i>1/2 cup vegetable oil</i>	<i>2 teaspoons soda</i>
<i>1½ cups sugar</i>	<i>1/2 teaspoon salt</i>
<i>2 eggs</i>	<i>1 medium size can fruit cocktail</i>
<i>2 cups flour</i>	<i>1 package Angel Flake coconut</i>

Mix oil, sugar, and eggs. Add dry ingredients and lastly, the fruit cocktail. Stir thoroughly. Put in 11 x 15" pan. Spread 1/2 cup coconut on top and bake at 325° about 35 minutes.

### Icing:

<i>1/2 cup evaporated milk</i>	<i>1 teaspoon vanilla</i>
<i>3/4 cup sugar</i>	<i>1/2 cup chopped nuts</i>
<i>1 stick margarine (butter is too rich)</i>	<i>1/2 cup coconut</i>

Cook 1 minute after it starts to boil. Remove from burner and add 1 teaspoon vanilla, 1/2 cup nuts, and 1/2 cup coconut. Spread over warm cake in the pan. Make it the day before using. Cut in squares to serve. This is soft and delicious.

Frances Hulbert

## WHITE FRUIT CAKE

<i>1 pound butter</i>	<i>1/4 pound candied lemon peel</i>
<i>12 eggs</i>	<i>1 pound white raisins</i>
<i>1 pound self-rising flour</i>	<i>1 pound chopped almonds</i>
<i>1 pound sugar</i>	<i>1 pound chopped pecans</i>
<i>2 6-oz. packages frozen or fresh coconut</i>	<i>1/2 cup bourbon</i>
<i>1½ pounds candied cherries</i>	<i>1/2 cup wine</i>
<i>1 pound citron</i>	<i>1 chopped apple</i>
<i>1½ pound candied pineapple</i>	<i>1/4 pound candied orange peel</i>

Cream butter and sugar well. Add eggs one at a time, beating well. Add flour alternately with bourbon and wine. Use extra flour to flour fruit and nuts. Be careful to flour fruit well so all is coated and separated. Coconut is best added to batter before adding remaining fruit and nuts. Bake at 275° with a small pan of water on lower rack. Bake in wax paper lined tube or loaf pans. Yield: about 10 lbs.

Hallene Cayton

## COTTAGE CAKE WITH RUM SAUCE

1/2 cup sugar	Pinch of salt
1/4 cup butter or margarine	3 tablespoons milk
1 egg, well beaten	1 teaspoon almond flavoring
1 cup flour	1 teaspoon vanilla
2 teaspoons baking powder	3 tablespoons whiskey (prefer rum or apple brandy)

Cream butter and sugar together. Add beaten egg. Sift together the flour, salt, and baking powder. Mix milk and flavorings and add. Beat well. Bake at 375° in greased muffin tins or paper custard cups in muffin tins for 15 minutes.

### Rum Sauce:

Beat 2 eggs until light and lemon-colored. Add scant 3/4 cup sugar and mix well. Whip 1 cup cream until stiff (or may use Cool Whip). Add 3 tablespoons rum and fold all together. Pour over cake and serve. Twelve servings.

Mildred McM. Rumley

## PLUM CAKE OR BLACK FRUIT CAKE

3 pounds seeded raisins	1 teaspoon ground cloves
1 pound currants	1 teaspoon mace
1/2 pound citron	1 teaspoon nutmeg
1 pound crystallized pineapple (mixed colors)	1 tablespoon cinnamon
3/4 pound crystallized cherries (red and green)	10 eggs (although I usually use 11 or 12)
1½ pounds butter	1½ cups nuts
2½ cups sugar	1 cup brandy
5 cups flour	1 teaspoon soda dissolved in 1/2 cup wine
	1/2 cup molasses

Cut fruit and nuts and put in large mixing bowl. Sift flour and spices together. Take one-half of this and mix well with fruit, using hands to be sure all fruit is covered with flour mixture. Cream butter and sugar thoroughly, then add eggs one at a time, mixing well. Add remaining flour to this mixture; then mix batter with fruit. Add slight 1/2 cup molasses and brandy, and lastly pour in wine with soda.

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Pour in tube pans which have been lined with heavy brown paper, greasing sides of pans and paper. Bake at 225° or 250° in pans of water for four or five hours, depending on size of pans. After cake has cooled, wrap in foil or linen; and about once a week, dribble brandy or bourbon over top of cake to season for several weeks before cutting. This amount will make 3 cakes in 10" tube pans (or 2 and 1 loaf pan).

Mrs. Julian Davenport (Peepie)

#### HUMMING BIRD CAKE

3 cups sifted plain flour	1 8-oz. can crushed pineapple, (undrained)
2 cups sugar	2 cups mashed bananas
2 teaspoon cinnamon	1 cup chopped nuts
1 teaspoon soda	1 cup coconut
1 teaspoon salt	1½ teaspoon vanilla
3 eggs, beaten	1½ cups cooking oil

Sift dry ingredients together (flour, sugar, cinnamon, soda, and salt) in large mixing bowl. Make a well in center of dry ingredients and add remaining ingredients. Stir together with large spoon. DO NOT BEAT. Pour into greased and floured tube pan. Bake one hour and ten minutes or until done, at 350°.

#### Icing:

1 box confectioner's sugar	1 3-oz. package softened cream cheese
1 stick margarine (soft)	1 teaspoon vanilla

Beat ingredients together and spread on cool cake.

Hallene Cayton

## ORANGE RIND CAKE

1 cup butter	1 3/4 cups all-purpose flour
3 egg yolks	1 teaspoon baking powder
1 cup sugar	1 teaspoon soda
1 cup sour cream	3 egg whites
Grated rind of 1 orange	

Cream butter and sugar. Add egg yolks, sour cream, and orange rind. Beat until light and fluffy. Sift together flour, baking soda, and baking powder. Stir into first mixture. Fold in egg whites which have been beaten until stiff but not dry. Turn into oiled and floured bundt pan. Bake at 325° for 1 hour. Remove from oven and let stand for 10 minutes. Loosen carefully around edge and turn out on plate with a rim. Pour hot syrup over top of cake slowly.

### Syrup:

Juice of 2 oranges	Juice of 1 lemon
3/4 cup sugar	Dash of salt

Combine ingredients and boil 3 to 4 minutes.

Helen Jacocks

## ORANGE NUT CAKE

1 cup butter or margarine	1/2 pound chopped dates
2 cups sugar	1 cup coconut
4 eggs	1 teaspoon soda
1/2 cup buttermilk	3 1/2 cups flour
2 cups chopped nuts	1/4 teaspoon salt
2 cups candied orange slices, chopped	

Cream butter and sugar. Beat in eggs one at a time. Add milk and soda alternately with 3 cups flour and salt. Add 1/2 cup flour to dates, nuts, candy, and coconut. Toss to cover and mix well. Add to batter. Pour into well-greased floured tube pan. Bake at 250° for 3-4 hours. Let cool in pan.

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## Topping:

Combine 2 cups confectioner's sugar with 1 cup orange juice. Mix well. Pour slowly over cake as soon as it comes out of oven. Let stand in pan to cool, or remove when it separates from side of pan to prevent cake from becoming soggy.

Mrs. Harvey Franz (Marilyn)  
Mrs. W.A. Stringer (Barbara)

## PINEAPPLE UPSIDE DOWN CAKE

<i>1/2 cup butter</i>	<i>2 teaspoons baking powder</i>
<i>1 cup sugar</i>	<i>1/4 teaspoon salt</i>
<i>2 well-beaten eggs</i>	<i>3/4 cup pineapple syrup</i>
<i>2 cups flour</i>	

Cream butter and sugar and add well-beaten eggs. Sift together flour, baking powder, and salt, and add to creamed mixture alternately with pineapple syrup. Mix well. Simmer together in a 9" iron skillet 4 tablespoons butter, 1 cup brown sugar, and a few drops of pineapple syrup. Place pineapple slices in skillet and place pecans around the slices and then pour in batter. Cook in 350° oven for about 45 minutes. Cool and serve with sweetened whipped cream.

Mrs. Henry Hodges (Kack)

## MISS KATIE'S PLAIN CAKE

<i>2 sticks <u>butter</u></i>	<i>1 cup milk</i>
<i>2 cups sugar</i>	<i>3 teaspoons baking powder</i>
<i>5 eggs</i>	<i>1 teaspoon vanilla</i>
<i>3 cups cake flour, sifted three times</i>	

Cream butter and sugar. Then break eggs, one at a time, into mixture. Add flour and milk alternately, not beating too much after flour is being added. Add vanilla and baking powder. Bake in three 10" layer pans which have been

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greased and floured. There may be too much batter for 8 or 9-inch pans so use remaining batter for cupcakes.

### Chocolate Frosting:

1 can Eagle Brand Condensed Milk	1/2 stick margarine
2 cups sugar	2 or 3 tablespoons
1/2 cup water	marshmallow whip
3 squares baking chocolate	2 teaspoons vanilla

Mix and cook milk, sugar, and water until a soft ball in water, or about 20 minutes. Stir constantly. Cut chocolate and add after mixture is removed from the fire. Add margarine, marshmallow whip, and vanilla and beat until proper consistency to spread. Nuts may be added.

Mrs. Henry Hodges (Kack)

### SOUR CREAM POUND CAKE

1/4 teaspoons baking soda	3 cups sugar
1 cup sour cream	6 eggs
1 stick real butter	3 cups sifted cake flour
1 stick margarine	1½ teaspoons vanilla (or
	1 teaspoon and 1/2 teaspoon
	lemon flavoring)

Preheat oven to 325°. Add baking soda to sour cream and let stand while mixing other ingredients. Cream butter, margarine, and sugar. Beat a long time. Add eggs one at a time. Mix well after each egg is added. Add flour and sour cream alternately. Add flavorings and blend. Pour cake mixture into a greased and floured tube pan. Bake 1 hour and 20 minutes or until done.

Mrs. John T. Campbell (Sara)

### POUND CAKE #1

1 pound Imperial Margarine (no substitute)	3 cups cake flour
1 pound powdered sugar	1 teaspoon vanilla
6 eggs, added one at a time	1 teaspoon salt

Mix in order given. Beat well after each egg. Grease pans.  
Bake at 325° for 1 hour. Bakes 2 loaf pans.

Mrs. Carroll G. Jarvis (Betty)

### POUND CAKE #2

3 sticks butter	1 teaspoon vanilla
2 cups sugar	6 eggs
1/2 teaspoon salt	2 cups plain flour
1 teaspoon lemon extract	1/2 teaspoon baking powder

Cream sugar and butter together. Add vanilla and lemon extract. Add eggs, one at a time, until well blended. Sift flour, salt, and baking powder together and add to mixture. Blend well. Pour into greased bundt pan and bake for 1 hour at 350°.

Jane McCotter  
Mrs. Ronald H. Cutler

### BROWN SUGAR POUND CAKE

1 cup Crisco	1 lb. light brown sugar
1 stick margarine	1 cup white sugar

Cream together and add 5 eggs. Beat well. Add:

3 cups plain flour	1 cup milk
1/2 teaspoon baking powder	2 teaspoons vanilla
1/2 teaspoon salt	1 cup chopped nuts

Grease and flour large (at least 10") tube pan and bake at 325° for an hour and a half.

Mrs. Henry Hodges (Kack)

### CRISPY POUND CAKE

3 cups all-purpose flour	1½ cups shortening
3 cups sugar	1½ teaspoons lemon or
9 eggs	almond extract

Combine all ingredients in a large mixing bowl; blend until smooth. Beat on medium speed of electric mixer 10-15 minutes or until very fluffy. Spoon batter into a greased 10-inch tube or bundt pan. Bake at 300° for 1 hour and 25 minutes or until done.

Susan Smith

### CHOCOLATE POUND CAKE

2 sticks butter	1/2 teaspoon baking powder
1/2 cup Crisco	1/2 cup cocoa
3 cups sugar	5 eggs, well beaten
3 cups flour (measure after sifting)	1 cup milk
1/2 teaspoon salt	2 teaspoons vanilla

Cream butter, Crisco, and sugar. Add beaten eggs and other ingredients and beat with electric mixer at least 5 minutes. More is better. Bake in tube pan at 325° for 1 hour and 40 minutes.

"This recipe was given to me by Mrs. Sam Watson (Claude) of Florence, South Carolina."

Mrs. Vernon Allen (Thelma)



## MICHIGAN POUND CAKE

3 cups Swansdown Cake Flour	6 eggs, separated
1/2 pound butter	1/2 pint whipping cream
3 cups sugar	2 teaspoons vanilla

Cream butter and sugar. Add egg yolks, vanilla, and flour. Beat well. Whip cream and beat egg whites until stiff. Fold in and mix well. Bake in tube springform pan (greased and floured) at 275° for 2 to 2½ hours. Secret of success is thorough beating with an electric mixer.

"This is a recipe from my sister, Mrs. C.J. (Cattie) Gasque of Florence, S.C."

Mrs. Vernon Allen (Thelma)

## BUTTERMILK POUND CAKE

1 cup vegetable shortening	3 cups all-purpose flour
3 cups sugar	1/4 teaspoon soda
1½ teaspoons vanilla and/or lemon extract	1/2 teaspoon salt
6 eggs (large)	1 cup buttermilk

Cream shortening and sugar. Add flavoring. Add eggs, one at a time, beating well after each addition. Sift dry ingredients together and add to creamed mixture alternately with buttermilk. Spoon batter into greased 10" tube pan and bake at 325° for 1 hour and 15 minutes or until cake tests done.

Note: Allow the eggs and buttermilk to stand until they reach room temperature before starting cake.

Lalla C. Bragaw

## MOUNTAIN POUND CAKE

<i>1½ sticks butter</i>	<i>1/2 teaspoon baking powder</i>
<i>1/2 cup Crisco</i>	<i>1 cup milk</i>
<i>3 cups sugar</i>	<i>1 teaspoon lemon extract</i>
<i>5 eggs</i>	<i>1 teaspoon vanilla extract</i>
<i>3 cups cake flour</i>	

Cream butter, Crisco, and sugar. Add eggs one at a time. Add vanilla and lemon extracts. Sift flour and baking powder and add with milk to batter. Beat well. Cook at 325° or 350° in tube pan for about 1 hour.

Mrs. Lee Cooper (Athy)

## PRUNE CAKE

<i>1½ cups sugar</i>	<i>1 teaspoon allspice</i>
<i>1 cup Wesson Oil</i>	<i>2 teaspoon vanilla</i>
<i>3 eggs</i>	<i>1 cup chopped nuts</i>
<i>2 cups self-rising flour</i>	<i>1 cup buttermilk</i>
<i>1 teaspoon cinnamon</i>	<i>1 teaspoon soda</i>
<i>1 teaspoon nutmeg</i>	<i>1 cup cooked prunes (pits removed and chopped)</i>

Cream sugar and oil. Add eggs one at a time, beating after each. Sift together flour and spices and add to creamed mixture. Add vanilla and nuts. Dissolve soda in buttermilk and add to mixture. Add prunes and bake for 1 hour at 350° in greased and floured tube pan.

Icing:

<i>1/2 teaspoon soda</i>	<i>1/4 cup butter</i>
<i>1/2 cup buttermilk</i>	<i>1 tablespoon corn syrup</i>
<i>1 cup sugar</i>	<i>1/2 teaspoon vanilla</i>

Dissolve soda in buttermilk and add to other ingredients. Simmer until soft ball stage is reached. Pour slowly over hot cake. (Icing should be started about 20 minutes before cake is done.)

Mrs. N. Henry Moore (Florette)

## PISTACHIO NUT SWIRL CAKE

- |   |                             |
|---|-----------------------------|
| 1 package yellow cake mix<br>(2-layer size) | 1/2 cup oil                 |
| 1 3-oz. package Jello                       | 1/2 teaspoon almond extract |
| Pistachio Pudding Mix                       | 1/2 cup sugar               |
| 4 eggs                                      | 1 teaspoon cinnamon         |
| 1 cup sour cream                            | 1/2 cup chopped nuts        |

Combine all but last three ingredients in large mixing bowl. Beat at medium speed of electric mixer for 2 minutes. Combine sugar, cinnamon, and nuts. Pour 1/3 of batter into greased and floured 10" tube pan. Sprinkle with half of the sugar mixture. Repeat layers and top with remaining batter. Bake at 350° for 50 minutes. Cool 15 minutes before removing from pan.

Mrs. Norman Winslow (Marie)

## WATERGATE CAKE

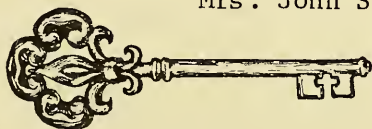
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| 1 box Duncan Hines White Cake Mix            | 1 cup Wesson Oil     |
| 1 3-oz. package instant pistachio<br>pudding | 3 eggs               |
| 1 cup ginger ale                             | 1 cup chopped pecans |

Grease and flour three 9" layer cake pans. Mix ingredients well and bake at 350° for about 25 minutes or until done.

Icing:

Mix a 3-oz. package of instant pistachio pudding mix with 1½ cups of cold milk and let sit for 15 minutes. Then add 1 9-oz. package of Cool White and 1 cup of chopped pecans. Cake should be refrigerated. Can be made with instant chocolate pudding.

Mrs. John S. Leach (Mary Louise)



Cracks and uneven surface of cakes may be caused by too much flour, too hot an oven and sometimes from cold oven start.

RUM CAKEGood

1/2 cup chopped pecans  
 1 18½-oz. package Duncan Hines  
 Butter Recipe Golden Cake Mix  
 1 3¼-oz. package vanilla  
 instant pudding mix

1/2 cup light rum  
 1/2 cup water  
 1/2 cup vegetable oil  
 4 eggs

Crumble nuts in bottom of bundt pan. In large mixing bowl, put cake and pudding mix. Add rum, water, oil, and eggs. Mix for 2 minutes. Bake at 325° for 50 or 60 minutes. Remove cake and pour on hot rum glaze. Do not be alarmed when the cake seems to settle.

Glaze:

1 cup sugar  
 1 stick butter

1/4 cup light rum  
 1/4 cup water

Mix ingredients. Boil 2 or 3 minutes. This cake is good hot or cold. Will keep for weeks without refrigeration.

Mrs. Clark Rodman (Mavis)

SCRIPTURE CAKE

Behold there was a cake beaten 1-Kings 19:6

1/2 cup butter  
 Judges 5:25  
 2 cups flour  
 1-King 4:22  
 1/2 teaspoon salt  
 Leviticus 2:13  
 1 cup figs  
 1-Samuel 30:12  
 1½ cups sugar  
 Jeremiah 6:20  
 2 teaspoons baking powder  
 Luke 13:21

1/2 cup water  
 Genesis 24:11  
 1 cup raisins  
 1-Samuel 30:12  
 3 eggs  
 Isaiah 10:14  
 Cinnamon, mace, cloves  
 1-King 10:10  
 1 tablespoon honey  
 Proverbs 24:13  
 1/2 cup almonds  
 Genesis 43:11

Blend butter, sugar, spices, and salt. Beat egg yolks and add. Sift in baking powder and flour; then add water and honey. Put fruit and nuts through food chopper and flour well. Follow Solomon's advice for making good boys--1st clause of Proverbs 23:14. Fold in stiffly beaten egg whites. Bake for 1 hour at 375°.

Mrs. W.A. Stringer (Barbara)

## SPONGE CAKE

6 eggs	2½ cups flour
2 cups sugar	1 tablespoon baking powder
1 cup boiling water	in flour
	Lemon juice and rind

Beat yolks, add sugar, and continue to beat 10 or 15 minutes. Add beaten whites and 1 cup boiling water just before adding the flour. Flavor with fresh lemon juice and a little grated rind to taste. Grease 13 x 9" pan, sprinkle with little sugar before pouring in batter. Sprinkle top with sugar and bake in moderate oven 20-25 minutes.

Mrs. Nathaniel Harding (Rena B.)  
Submitted by her daughter,  
Mrs. Harry G. Walker (Rena)

## STACK CAKE

First layer: 1 stick margarine, softened  
1/2 cup chopped nuts  
1 cup flour

Mix (this will be crumbly) and press in  
9 x 13" casserole. Bake at 350° until light  
brown. Cool.

Second layer: 1 8-oz. package cream cheese (room temperature)  
1 cup powdered sugar  
1 9-oz. carton Cool Whip

Mix cream cheese and sugar and fold in Cool  
Whip. Spread this over first layer.

Third layer: 1 small package instant chocolate pudding mix  
1 small package instant vanilla pudding mix

Mix with 3 cups milk and spread on second layer.  
Top with second carton of Cool Whip and grate  
2 Hershey almond candy bars over this.

Make 24 hours ahead and cut in squares to serve.

Mrs. Vernon Allen (Thelma)

"This recipe was sent to me by my sister, Mrs. C.J. Gasque  
(Cattie), from Florence, South Carolina"

## ZWIEBACK CAKE

1½ boxes Zwieback (crushed)	2 cups sugar
6 eggs	1 cup pecans (chopped)
2 rounded teaspoons baking powder	1 pint whipping cream

Mix egg yolks with sugar. Mix nuts, Zwieback, and baking powder. Combine with eggs and sugar. Beat egg whites stiff. Fold in combined mixture. Put in two 9" pans, greased and floured. Bake at 300° for 25 or 30 minutes. Put layers in a plate and pour 1/2 cup sherry on each layer. Put whipped cream between the layers and ice over with the cream. Put in refrigerator overnight.

Mrs. Charles Franklin



Tip for Left-over egg whites

Store in airtight container in refrigerator. Will keep 10 days; or

Freeze the whites in plastic ice-cube trays. Spoon 1 egg white (2 tblsps.) into each section of the tray. When they are frozen, remove cubes from trays and store in plastic bags for up to eight months.

Thaw in covered container in refrigerator and use promptly. Never re-freeze. When beating egg whites, be sure they are at room temperature so that they beat to their maximum volume. Thawed egg whites will beat to the same volume as fresh ones.



## NO-FAIL CARAMEL ICING

1 stick melted butter (no substitute)	1 small can evaporated milk (or 1/2 cup milk)
1 lb. light brown sugar	Pinch of salt
	2 teaspoons vanilla

Boil for 4 minutes. Add 2 teaspoons vanilla. Beat until thick and spread on cake. If runny, continue to use knife to replace. It will get firm.

Mrs. Charles F. Terrell (Rena)  
Sally May Woodall (mother of  
Erin Tayloe)

## LEMON GLAZE

Used on layer cake or gingerbread.

Juice of 2 lemons	1 tablespoon butter
1 cup sugar	1 egg
1 tablespoon flour	1/2 cup water

Combine flour and sugar; add small amount of water and beat egg into mixture. Add remaining water, butter, and lemon juice. Cook in heavy saucepan until thickened. Spread between layers and on top of cake or over gingerbread. This recipe is about 150 years old and handed down through generations.

Donna Parry



Dust a little flour or cornstarch on your cake before icing - this way the icing won't run off.

## LEMON JELLY FILLING

2½ lemons	1 cup boiling water
2 cups sugar	1/4 teaspoon salt
2 eggs	4 rounded tablespoons flour
1/4 stick butter	Juice and grated rind of lemon

Cook sugar, flour, salt, and water over low heat. Stir constantly until thick. Add juice, rind, and butter.

Mrs. Clark Rodman (Mavis)

## SEVEN MINUTE ICING

2 egg whites	5 tablespoons cold water
1½ cups sugar	1 teaspoon vanilla
1 teaspoon light corn syrup	

Combine the above in top of double boiler over slowly boiling water. Beat with electric mixer while cooking for seven minutes. Add vanilla after removing from stove. Brown sugar may be substituted if used for a spice cake.

Mrs. Henry Hodges (Kack)

## SEAFOAM FROSTING

2 egg whites	5 tablespoons water
1½ cups light brown sugar (firmly packed)	1 teaspoon vanilla

Mix egg whites, brown sugar, and water in top of a large double boiler. Place over boiling water and beat with electric mixer at high speed until frosting holds a peak (about 7 minutes). Remove from hot water, add vanilla, and continue beating until icing is thick enough to spread.

Mrs. Henry Hodges (Kack)

## FLUFFY COCOA FROSTING

$\frac{2}{3}$ cup cocoa	$\frac{1}{2}$ cup milk or evaporated
$3\frac{1}{2}$ cups confectioner's sugar	milk
$\frac{1}{3}$ cup butter or margarine	$\frac{1}{2}$ teaspoon vanilla

Combine cocoa and confectioner's sugar. Cream butter and  $\frac{1}{2}$  cup cocoa mixture in large mixer bowl until well blended. Gradually add milk or evaporated milk and vanilla. Blend in remaining cocoa mixture. Beat until of spreading consistency. Makes about 2 cups frosting.

Mrs. Henry Hodges (Kack)



Add several drops of vinegar to icing while beating and it will be soft and seldom grainy.

## PIES



### Family Pie

1 handfull of forgiveness  
1 heaping cupfull of love  
A full pound of unselfishness

Mix together smoothly with complete faith in God;

Add: 2 tablespoons wisdom

1 teaspoon of good nature for flavor

Then sprinkle generously with some thoughtfulness.

This makes a wonderful family pie.

### FOLEY'S FAMOUS APPLE PIE WITH RUM SAUCE

3 tablespoons flour	2½ cups apple slices (fresh or
1 teaspoon cinnamon	canned)
1/2 teaspoon nutmeg	Unbaked 9" pie shell
1 cup sugar	Butter

Combine flour, cinnamon, nutmeg, sugar, and stir in apples.  
Arrange in crust and dot with butter. Bake at 350° for  
45 to 55 minutes or until golden brown.

#### Rum Sauce:

1 pint Half & Half	2 ounces butter
2 cups sugar	5 tablespoons brandy or rum

Combine all ingredients in top of double boiler and heat  
until sugar is dissolved and mixture is well blended and  
slightly thickened. Do not let mixture boil or it will  
curdle. Serve hot over pie.

Mrs. Harvey Franz (Marilyn)

## SOUR CREAM APPLE PIE

### Crust:

1 stick margarine	1 cup flour
2 tablespoons sugar	

For your crust, combine margarine and sugar but do not cream. Add flour and mix just enough to form a dough. Press mixture evenly on bottom and sides of a deep 9-inch pie pan.

### Filling:

6 or 7 tart apples	1/4 teaspoon nutmeg
Juice of 1/2 lemon	Allspice to taste (1/4 to
3/4 cup sugar	1/2 teaspoon)
1/3 cup flour	1/4 cup butter
1 teaspoon cinnamon	1 cup sour cream

Arrange pared apples in the pie shell. Combine sugar, flour, spices, melted butter, and lemon juice. Sprinkle on top of apples. Spoon sour cream over flour mixture; bake 30 minutes at 400°. Then reduce heat to 350° and bake 45 minutes longer. Whenever sour green apples are available, use them. This butter crust is delicious with other kinds of pie also. If used as a pie shell, bake 10 to 12 minutes in 375° oven.

Mrs. Harvey Franz (Marilyn)

## STREUSEL APPLE PIE

1/2 cup sugar	1/4 teaspoon nutmeg
3 tablespoons flour	1/4 teaspoon salt
3/4 teaspoon cinnamon	6 cups sliced apples

Mix dry ingredients and combine with apples. Place in 9" unbaked pie shell.

### Topping:

1 cup uncooked oatmeal	1/2 teaspoon cinnamon
1/3 cup brown sugar	1/3 cup melted margarine
1/3 cup finely chopped pecans	

(Continued on next page)

Sprinkle topping over fruit. Bake at 400° for 40 minutes. If using frozen crust, it is helpful to heat crust prior to filling with fruit.

Mrs. Carroll G. Jarvis (Betty)

#### CREAM TOP APPLE PIE

Filling:

6 or 7 apples  
2/3 cup sugar

1 teaspoon cinnamon  
1/2 stick butter

Slice apples and put in pie plate. Sprinkle with sugar and cinnamon and dot with butter.

Topping:

1/2 cup butter  
1/2 cup brown sugar

1/2 teaspoon salt  
1 cup flour

Melt butter and combine with brown sugar, salt, and flour. Drop by spoonful over the apples. Then with your hands, press down until you have apples all covered. Bake at 300° until apples are done (about 1½ hours). Serves 6. Delicious warm with ice cream on top.

"This was given to me by Mrs. Hugh Willcox (Tumpsie) of Florence, South Carolina."

Mrs. Vernon Allen (Thelma)



### CHERRY CREAM CHEESE PIE

1 graham cracker crust	1 teaspoon vanilla
1 can cherry pie filling	1/3 cup lemon juice
1 8-oz. package cream cheese	1 15-oz. can Eagle Brand Condensed Milk

Soften cream cheese and beat until fluffy. Add milk slowly while beating. Add vanilla and lemon juice and beat until blended. Pour into crust. Chill several hours and then top with cherry pie filling.

Mrs. Vernon Allen (Thelma)

### CHOCOLATE CHESS PIE

1 unbaked pie shell	1 cup nuts (optional)
1 stick butter	2 eggs
1 or 2 squares unsweetened chocolate	1 cup sugar
1 teaspoon vanilla	Dash of salt

Set pie shell out to thaw for at least 10 minutes. Melt butter and chocolate and combine with beaten eggs, sugar, salt, and vanilla. Fold in nuts (optional) and bake at 350° for 25 minutes. Serve with whipped cream or ice cream. Serves 8.

Mrs. Clark Rodman (Mavis)



Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

## BUTTERSCOTCH PIE

1 baked 9" pie shell	1/2 teaspoon salt
3/4 cup brown sugar, firmly packed	2 cups milk
1/3 cup all-purpose flour	3 egg yolks
	3 tablespoons soft butter
	1 teaspoon vanilla

Combine the brown sugar, flour, and salt. Blend in 2 cups milk and heat, stirring until smooth and thickened. Beat the egg yolks until lemon-colored. Add small amounts to hot mixture. Cook, stirring constantly, about 3 minutes. Remove from heat and add butter and vanilla. Cool slightly and spoon into baked shell.

### Meringue:

Beat 3 egg whites and 1/4 teaspoon cream of tartar until it begins to stiffen. Continue beating, adding 3 table-spoons sugar gradually until whites form stiff peaks. Spread on warm filling and bake at 350° for 12-15 minutes or until lightly brown.

Lorraine Alvis

## THREE CHOCOLATE PIES

2 squares chocolate	Dash of salt
2 sticks margarine	1 large can evaporated milk
3 eggs	2 teaspoons vanilla
3½ cups sugar	1 cup pecans
1½ teaspoons plain flour	1/2 can flaked coconut (opt.)
1 teaspoon cornstarch	3 unbaked pie shells

Mix margarine and chocolate over low heat. In large bowl, beat the eggs; add sugar, flour, cornstarch, salt, and large can evaporated milk. Mix well with chocolate and margarine. Add vanilla, nuts, and coconut (opt.) Divide into the three pie shells and bake at 350° until firm.

Pauline Stilley Hotchkiss  
Submitted by Mary "Whit" Whitford

## CHEESE PIE

1 pound cream cheese  
2 eggs

1 cup sugar  
1 graham cracker crust

Combine first three ingredients and place in the graham cracker crust. Bake 25 minutes at 350°. When cool, top with the following topping:

1/2 pint sour cream  
Pinch cinnamon

1 teaspoon vanilla  
2 teaspoons powdered sugar

Combine ingredients, put on top of pie, and bake 5 minutes more.

Linda Seale

## CHOCOLATE CHIP PIE

1 stick butter, melted  
1 cup sugar  
2 eggs, slightly beaten  
1/4 cup flour

1 cup chocolate chips  
1/2 cup chopped nuts  
1 teaspoon vanilla

Mix ingredients together and pour into unbaked pie shell. Cook until golden brown at 350°, about 30-45 minutes. One and one-half times this recipe fills two prepared pie crusts. Top pie with ice cream or whipped cream.

Sally Tayloe Duff  
by Erin Tayloe

## LEMON CHESS PIE

2 cups sugar  
4 eggs  
1/8 teaspoon salt  
2 tablespoons grated lemon rind

1 tablespoon flour  
1 tablespoon cornmeal  
1/4 cup melted butter  
1/4 cup lemon juice  
1/4 cup milk

Mix all dry ingredients together. Beat in the eggs thoroughly and add the butter, milk, and other ingredients. Pour into prepared 9" pastry shell and bake at 350° for 45-55 minutes or until set.

Tillie Jackson

### CRACKER-NUT PIE

3 egg whites, stiffly beaten	1 teaspoon vanilla
1 cup sugar	1 cup Ritz Crackers, crushed
1 teaspoon baking powder	3/4 cup chopped pecans

To the beaten egg whites, add the sugar, baking powder, and vanilla. Beat all together until very stiff. To this, add 1 cup Ritz Crackers that have been crushed with rolling pin and 3/4 cup chopped pecans. Grease pie plate well before filling. Bake at 350° for 30 minutes. Cool and top with whipped cream. Better if made the day before serving.

Athy Cooper

### CHOCOLATE PIE

1 cup sugar	4 tablespoons flour
1 cup evaporated milk	1 tablespoon butter
1 cup water	1 can chocolate syrup (5½-oz)
2 egg yolks	1 baked pie shell

Heat milk and add other ingredients. Cook over medium heat until mixture comes to a full boil. Pour into baked pie shell and top with meringue.

Mrs. Henry Hodges (Kack)

### HEAVENLY CHOCOLATE PIE

4 eggs	1/2 cup water
1½ cups sugar	1 teaspoon vanilla
1/4 cup flour	1 5½-oz. can chocolate syrup
1 can condensed milk	2 unbaked pie shells
1 small can evaporated milk	

Beat eggs, then gently blend in sugar, flour, milk, water, vanilla, and chocolate syrup. Pour into pie shells and bake at 350° for 45 minutes. Will serve 16.

Guelda Raeburn

### GERMAN CHOCOLATE PIE

1 8-inch pie shell	1 small can evaporated milk
1/4 stick butter or margarine	1 egg
1 oz. unsweetened chocolate	1/2 teaspoon vanilla
1 teaspoon flour	Pinch salt
1/2 teaspoon cornstarch	1/4 cup coconut
1 cup sugar	1/2 cup chopped nuts

Melt butter and chocolate. Mix flour, sugar, and cornstarch well. Stir in egg. Add melted chocolate mixture. Mix until smooth. Gradually add milk, vanilla, and salt. Sprinkle coconut and nuts on bottom of pie shell. Pour in chocolate mixture. Bake at 350° about 40 minutes or until brown and fairly firm.

Verna Motteler

### CREME DE MENTHE PIE

1 box chocolate cookies	1/2 cup creme de menthe
2 pints vanilla ice cream	

Place cookies in bottom of 9" pie pan, filling in spaces with crumbs. Mix ice cream and creme de menthe. Pour over cookie crust. Freeze 12 hours before serving.

Mrs. Vernon Allen (Thelma)

### COCONUT PIE

3/4 cup sugar	1/2 stick margarine, melted
3/4 cup milk	1 cup coconut
2 eggs	

Mix ingredients together and put in unbaked pie shell. Bake at 350° for 30 minutes.

Mrs. Carroll G. Jarvis (Betty)  
Mrs. Charles Motteler (Verna)

## COFFEE ICE CREAM PIE

- |   |   |
|---|---|
| 1/2 cup melted butter                         | 1 cup whipping cream                                |
| 1 7-oz. can or package Angel<br>Flake Coconut | 1/4 cup powdered sugar                              |
| 2 tablespoons flour                           | Sweet chocolate curls or<br>grated chocolate        |
| 1/2 cup chopped pecans<br>or more             | 1/2 or 2/3 cup Kahlua or<br>other liqueur           |
| 1/2 gallon coffee ice<br>cream, softened      | (This is good with butter<br>almond ice cream, too) |

Combine butter, coconut, flour, and pecans. Mix well and press on bottom and sides of 10-inch pie pan. Bake at 350° for 10-12 minutes. Cool. Spoon ice cream into shell and freeze. Beat whipping cream. Gradually add powdered sugar and beat until soft peaks form. Spread on pie. Top with chocolate curls. Pour 1 tablespoon liqueur on each serving. Will serve 8.

Mrs. Clark Rodman (Mavis)

## EASY KEY LIME PIE

- |  |  |
|--|--|
| 1/3 of 15-oz. can Eagle Brand<br>Condensed Milk      | 1 12-oz. container Cool<br>Whip              |
| 1 6-oz. can frozen limeade<br>concentrate, undiluted | 1 3-oz. pkg. cream cheese                    |
|  | 1 baked pie shell or<br>graham cracker crust |

Soften and whip cream cheese until fluffy. Beat in condensed milk and limeade concentrate. Fold Cool Whip into this mixture and mound into pie shell. Garnish with lime slices if desired. Variations: (1) Omit cream cheese for pie with smoother texture; (2) Increase condensed milk to 1/2 can or 1 whole can for pie with less tart flavor.

Mrs. Pat F. Gertz  
Mrs. Ellen Buckman



Let egg whites warm to room temperature before beating for greater volume.



## KEY LIME PIE

1 envelope plain gelatin	1/2 cup fresh lime juice
2/3 cup sugar	2 teaspoons grated lime peel
1/4 teaspoon salt	3 drops green food coloring
4 eggs (separate yolks from whites)	1/2 cup sugar
1/4 cup water	

Pre-cook pie shell and let cool. Mix gelatin, 2/3 cup sugar, and salt in top of double boiler. Beat egg yolks, water, and lime juice together and stir into gelatin mixture. Thoroughly heat mixture, stirring constantly and continue cooking 5 minutes. Remove from heat and stir in lime peel and food coloring. Cool until mixture begins to thicken. Beat egg whites until fluffy, then add 1/2 cup sugar and continue beating until stiff peaks form. Fold into the chilled gelatin mixture until thoroughly blended. Put in pastry shell and chill until firm. Serves 8.

Mrs. Vernon Allen (Thelma)

## LEMON CHIFFON PIE

1 graham cracker pie crust	1 cup sugar
1 tablespoon (1 envelope) unflavored gelatin soaked in 1/4 cup cold water	1/2 cup lemon juice
4 eggs, separated	1 tablespoon grated lemon rind
	1/4 teaspoon salt

Soften gelatin in cold water. Beat egg yolks and add 1/2 cup sugar, lemon juice, and salt. Cook over boiling water until thickened. Add grated lemon rind and softened gelatin and stir thoroughly. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites to which 1/2 cup sugar has been added. Fill crust and chill. Serve topped with whipped cream. Serves 6 to 8.

Mrs. Vernon Allen (Thelma)

### MAGIC LEMON CHIFFON PIE (Frozen)

1 can Eagle Brand Condensed Milk	2 eggs, separated
1/2 cup lemon juice	1 9" baked pie shell or graham cracker shell
Grated rind of 1 lemon	

Blend milk, lemon juice, lemon rind, and egg yolks. Beat egg whites until stiff and fold into the first mixture. Pour into pie shell and place in freezer for several hours. Remove about 10-15 minutes before serving.

Mrs. W.A. Stringer (Barbara)

### LEMON MERINGUE PIE

1 cup sugar	1½ cups water
4 tablespoons flour	1 tablespoon butter
1/2 teaspoon salt	1/3 cup lemon juice
2 eggs	Grated rind of 1 lemon
1 baked pie shell	

Mix sugar, flour, and salt. Add to hot water, butter, and beaten egg yolks. Cook in top of double boiler until thickened and pour into baked pie shell. Beat egg whites until stiff, adding a little sugar. Spread on pie filling and bake at 325° until golden brown on top.

Mrs. Irwin Hulbert (Frances)

### EASY LEMONADE PIE

1 small can frozen lemonade, thawed until mushy	1 large container Cool Whip
1 can Eagle Brand Condensed Milk	Juice of 1 lemon

Fold all ingredients together and put in graham cracker crusts (makes 2 pies). Chill for 1 hour or longer.

Mrs. Vernon Allen (Thelma)

## CHRIS'S LEMON PIE

Grated rinds and juice of 2 lemons	1 cup sugar
3/4 stick butter	1 cup cold water
6 small or 5 large eggs	5 or 6 level tablespoons cornstarch or flour

Mix sugar, cornstarch (or flour) together in double boiler. Add water and lemon juice and butter. Let cook until it starts to thicken. Add beaten egg yolks slowly while stirring. When thick to right consistency, take off heat and add grated rinds. (Have water cold in double boiler when you start to cook.)

### Meringue:

Beat egg whites with mixer. Add 2 tablespoons sugar per egg. Beat until they reach a good stiff peak like icing. If desired, put one level teaspoon baking powder in meringue.

Lalla C. Bragaw

## MARYLAND IRISH POTATO PIE

1 pound potatoes (Irish potatoes), boiled and mashed (2 large)	1 nutmeg, grated
1 pound sugar (2 cups)	Grated rind and juice of 2 lemons
3/4 pound butter	2 wine glasses of sherry wine
6 eggs	

Cream butter and sugar. Add potatoes, then well beaten eggs. Add seasonings. Pour into unbaked pie shells and bake at 325° for 35-45 minutes. Makes 6 cups of pie filling.

Mrs. John Hill (Mary Helen)



When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

## PECAN PIE

1 unbaked pie shell	2 tablespoons melted butter
3 eggs, well beaten	1 teaspoon vanilla
1 cup dark Karo Syrup	1/4 teaspoon salt
1/2 cup sugar	1 cup chopped pecans

Prick pie shell with fork and bake at 400° for 5 minutes. Spread pecans in shell. Beat eggs; add sugar, syrup, and salt. Beat some more. Add butter and vanilla and mix well. Pour mixture into shell over pecans. Bake at 400° for 10 minutes. Reduce heat to 300° and continue baking for 35 minutes.

Mrs. Vernon Allen (Thelma)

## MOCK PECAN PIE

1 cup Grapenuts cereal	1/4 cup melted butter
3/4 cup lukewarm water	1/8 teaspoon salt
1 cup light brown sugar, firmly packed	3 eggs, beaten
1 cup dark Karo Syrup	1 teaspoon vanilla
	1 9" pie shell (unbaked)

Soak Grapenuts in water until water is absorbed. Combine sugar, syrup, butter, and salt into pan. Bring to boil, stirring until sugar is dissolved. Remove from heat. Beat eggs until foamy. Add a small amount of hot syrup mixture to eggs, mixing well. Stir in remaining syrup mixture. Add Grapenuts and vanilla. Pour into pie shell and bake at 375° for 40 to 50 minutes.

Frances Fowler, New Bern, N.C.  
Submitted by Thelma Allen



If bread, cakes, or pies are browning too fast, put a piece of aluminum foil over top and finish baking.

## PUMPKIN PIE

2 eggs, slightly beaten	2 teaspoons cinnamon
1 pound can pumpkin or equivalent in fresh cooked pumpkin	1 teaspoon allspice
1/2 cup white sugar	1/2 teaspoon powdered ginger
1/2 cup brown sugar	1/2 teaspoon ground cloves
1/2 teaspoon salt	1 13-oz. can evaporated milk
	2 9-inch unbaked pie shells

Mix all ingredients. If pie shells were frozen, be sure they are thawed and prick them in several places with a fork. Pour mixture in shells and place in 425° oven for 15 minutes. Reduce heat to 350° and bake for 45 minutes.

Mrs. Vernon Allen (Thelma)

## PUMPKIN PIE #2 (With no milk)

2 unbaked pie shells	1 teaspoon each of salt,
3 cups cooked pumpkin, drained and mashed	cinnamon, nutmeg & ginger
1 cup sugar	1/4 teaspoon each of ground
1 cup brown sugar	cloves and allspice
	4 eggs, beaten
	1/4 cup melted butter or oleo

Prick pie shells with a fork and bake at 450° for 5 minutes. Mix the pumpkin, sugar, and spices in a large bowl. Beat eggs and add them. Add melted butter. Mix well and pour into shells. Bake at 450° for 10 minutes; then reduce heat to 325° and bake about 45 minutes (until center is "set").

Mrs. Vernon Allen (Thelma)



*For ease in cutting meringue pies, sprinkle a little sugar over meringe before browning.*

## PUMPKIN CHIFFON PIE

3 eggs, separated	1/2 teaspoon nutmeg
1 cup sugar	1 envelope plain gelatin
1 1/4 cups pumpkin	1/4 cup cold water
1/4 cup milk	1 baked pie shell
1/4 cup sherry	1/2 pint whipping cream
1/2 teaspoon salt	
1/2 teaspoon cinnamon, or more to taste	

Combine beaten egg yolks with 1/2 cup sugar, pumpkin, milk, sherry, salt, and spices. Cook in double boiler until thickened. Soften gelatin in cold water and add to mixture while hot. Stir until dissolved and cool. Beat egg whites until stiff, gradually adding 1/2 cup sugar. Fold into pumpkin mixture. Pour into baked pie shells. Chill. Top with whipped cream.

Mrs. Vernon Allen (Thelma)

## FLUFFY FROZEN PEANUT PIE

Castle Inn - Suffolk, Va.

4 ounces cream cheese, softened	1 9-oz. container Cool Whip
1 cup confectioner's sugar	1 9-inch graham cracker crust or regular pie crust, baked and cooled
1/3 cup creamy peanut butter	1/4 cup finely chopped salted peanuts
1/2 cup milk	

Whip cheese until soft and fluffy. Beat in sugar and peanut butter. Slowly add milk, blending thoroughly into mixture. Fold topping into mixture. Pour into baked pie shell. Sprinkle with chopped peanuts. Freeze until firm and serve. If not used same day, wrap in transparent wrap after pie is frozen. Graham cracker crust is the best.

Mrs. N. Henry Moore, Jr. (Florette)  
Mrs. Charles Motteler (Verna)



## FROZEN RUM CREAM PIE

3 eggs	6 ounces cream cheese
1/2 pint whipping cream	(2 small packages)
2/3 cup sugar	1 tablespoon plus 1 teaspoon rum extract or rum

Beat egg yolks and blend with cream cheese until smooth. Add rum extract or rum. Beat egg whites until stiff and beat in sugar. Whip cream. Fold all together. Pour into graham cracker crust and freeze. Many calories, but so good.

"This was given to me by Mrs. Bob Sloan (Betsy) of Winston-Salem, N.C."

Mrs. Vernon Allen (Thelma)

## STRAWBERRY (OR BLUEBERRY) CREAM PIE

1 package frozen strawberries	1 teaspoon vanilla
1 8-oz. package cream cheese	1 pint whipping cream, whipped
2 cups confectioner's sugar	1 9" pie shell, baked & cooled

Cream sugar with cream cheese. Add other ingredients and put in baked, cooled pie shell. Top with sweetened strawberries or blueberries. You may want to thicken the fruit with cornstarch.

Mrs. Bernard Winfield (Barbara)

## SWEET POTATO PIE

4-5 medium to large cooked sweet potatoes, peeled (about 2½ cups)	1/2 cup brown sugar
1 cup milk (canned, whole or Half & Half)	Juice of 1/2 lemon
1/2 cup sugar	3 eggs
	1/2 teaspoon nutmeg
	1 teaspoon cinnamon
	Pinch salt
	2 tablespoons melted butter

Mix all in blender, food processor, or mixer. Taste for sweetness due to variance in potatoes. Pour into 2 prepared pie shells. Bake at 350° for 45 minutes.

Mrs. Swanson Graves (Sue)

## GREEN TOMATO PIE

6 green tomatoes	3/4 cup sugar
2 tablespoons water	1/8 teaspoon salt
1 lemon, sliced	1/2 teaspoon cinnamon
2 tablespoons cornstarch	2 tablespoons butter

Slice tomatoes. Cook until almost tender with water and drain. Save liquid and mix with cornstarch which has been mixed with sugar and salt. Cook until thick. Add tomatoes, cinnamon, and butter; mix thoroughly. Pour hot mixture into baked pie shell. Add top sheet of dough or sprinkle with grated cheese and bread crumbs. Bake at 375° for 30 minutes.

Helen Allan

## FRENCH SILK TARTS

1/2 cup plus 2 tablespoons butter or margarine	1 1/2 teaspoons vanilla
1 cup sugar	2 drops almond extract
2 1-oz. squares unsweetened chocolate, melted & cooled	3 eggs

Combine butter and sugar. Cream until light and fluffy. Stir in chocolate and flavorings. Add eggs, one at a time. After each addition, beat 5 minutes at medium speed with electric mixer. Chill mixture 1-2 hours. Put in baked tart shells. Yield: 12 tarts.

Mrs. Clark Rodman (Mavis)

## STRAWBERRY PIE

1 cup sugar	4 tablespoons strawberry Jello
6 teaspoons cornstarch	1 quart fresh strawberries
Dash of salt	1 baked pie shell
1 cup water	

Combine sugar, cornstarch, and salt. Add water and cook until clear. Add Jello. Stir until dissolved. Cool. Add strawberries and refrigerate. Pour into cold pie shell. Refrigerate until serving time. Serve with whipped cream. Six servings.

Verna T. Attmore

## LEMON TARTS

1/4 pound butter  
2 cups sugar  
6 eggs, beaten

Grated rind of 2 lemons  
Juice of 3 lemons

Combine all ingredients in top of double boiler over hot water and cook until thick. Store in jars in refrigerator. Serve in small baked pastry shells.

Mrs. W.A. Stringer (Barbara)

## CREAM CHEESE TARTS

2 8-oz. packages cream cheese  
2/3 cup sugar

1/2 tablespoon lemon juice  
2 whole eggs

Soften the cream cheese and add the sugar. Beat all ingredients together until fluffy. Line cupcake papers with vanilla wafers. Fill 1/2 full. Bake at 350° until set.

Topping:

Open can of cherry pie filling. Add 3 tablespoons sugar and a little lemon juice. Let chill. Put on cool tarts and chill. They keep 2-3 weeks.

Mrs. Lee Cooper (Athy)

## LEMON BUTTER TARTS

1 cup sugar  
1/2 cup butter  
4 egg yolks

Grated lemon rind and  
juice of 2 lemons

Combine in double boiler the sugar, butter, lemon juice, and rind. Stir constantly. Slightly beat the egg yolks and add gradually. Continue stirring and cook until mixture thickens. Remove from stove. Serve in baked tiny tartlet shells. Nice for tea.

Mrs. Taylor Attmore (Verna)

## MARY PICKFORD'S JAM TARTS

4 ounces cream cheese,  
softened  
1/2 cup butter,  
softened

1 cup all-purpose flour  
2/3 cup (approximately)  
red raspberry jam

Beat together cheese and butter to blend. Gradually stir in flour to blend. Shape into a ball, then into a small rectangle. Chill; divide in half. On a pastry cloth with a stockinette-covered rolling pin, roll out half of the dough at a time until very thin. Cut into 3-inch squares. Center a teaspoon of jam in each square. Bring points to center so they overlap and press to seal. Bake, placed well apart, on ungreased cookie sheet in a preheated 400° oven until lightly browned (about 12 minutes). Serve warm or cold. Makes about 2½ dozen.

Mrs. Henry Rumley (Mildred McMullen)

## PECAN TARTS

1½ cups brown sugar  
2 eggs  
2 tablespoons butter

2 teaspoons vanilla  
1 1/3 cups chopped pecans  
Dash salt

Mix all ingredients together. Spoon into tart shells. Bake at 300° about 25 minutes. Time depends on size of tart or muffin tins.

Grey Bowers

## EMERGENCY PIE CRUST

1/4 cup butter  
1 tablespoon sugar

1 egg yolk  
1 cup flour

Pinch of salt

Cream butter and sugar, add rest of ingredients. Put in pie pan and pat out to 1/4 inch thickness. Fill with whatever! And bake.

## DESSERTS

*"The daintiest last, to make the end  
most sweet."*

*Shakespeare*

### APPLE DUMPLINGS

<i>2 or 2 1/2 sliced apples</i>	<i>3 cups water</i>
<i>1 cup sugar</i>	<i>1 teaspoon baking powder</i>
<i>1 cup flour</i>	<i>1/2 teaspoon salt</i>
<i>1 tablespoon butter</i>	<i>3/4 cup whipping cream</i>

Boil apples with sugar, water and butter until tender. Make a batter of flour, baking powder, salt and cream and drop by teaspoonsful in apple pan and cook, covered for 15 minutes. Serve with a sprinkle of nutmeg and hard sauce.

Mrs. Graham Ramsay

### APRICOT MOUSSE

<i>1 pound dried apricots</i>	<i>3/4 cup cream, whipped</i>
<i>1/2 cup sugar</i>	<i>Vanilla</i>
<i>1/4 cup blanched slivered almonds</i>	

Cover apricots with water and simmer for 25 minutes. Stir in 1/2 cup sugar (or add to taste) and cook 5 minutes longer. Pureé apricots. In mixing bowl, blend puree'd apricots and almonds. Whip the cream, sweeten it to taste and add vanilla to taste. Fold the cream into the apricots and almonds. Pour the mousse into individual porcelain petite pots or other small serving dishes. Chill well.

Verna T. Attmore

## BAKED BANANAS

4 firm bananas  
1/4 cup brown sugar, firmly packed  
Grated rind and juice of 2 lemons  
1/4 cup melted butter

Cut bananas in half lengthwise; place cut side down in a buttered baking dish. Brush bananas with lemon juice; sprinkle with grated lemon rind and brown sugar. Drizzle with butter. Bake at 350° for 15 to 20 minutes. Serve warm as a side dish with meat, or as a dessert plain or with ice cream. Yield: 4 servings.

Mrs. Irwin Hulbert (Frances)

## BOILED CUSTARD

1 quart of milk  
4 eggs  
4 heaping tablespoons flour  
1 1/2 cups sugar (less if desired)

Pinch of salt

Beat thoroughly in mix master eggs and dry ingredients. Add scalded milk to mixture and beat. Place in double boiler and cook until custard coats spoon. Add 2 teaspoons or more of vanilla. Remove to mixing bowl and beat thoroughly. While cooling beat again. When cool store in refrigerator.

Delicious to drink or served on fresh fruit cup topped with cool whip or whipped cream.

Rena Terrell

## BAKED CUSTARD

2 cups scalded milk  
3 eggs  
4 tablespoons sugar

1/8 teaspoon salt  
1/2 teaspoon vanilla

Scald the milk. Mix sugar, eggs, salt and flavoring and combine with scalded milk. Pour into custard cups or baking dish. Set in pan of hot water and poach in a slow oven (300°) until firm. A knife blade run into the center of the custard should come out clean.

Olzie Clark Rodman (Mrs. John C.)



## A GRAND TRIFLE

The day before you wish to use it make two or three quarts of boiled custard (according to your needs); bake some thin sponge cakes as for jelly cake; whip some cream, with sugar and wine to flavor, and blanch and chop a pound of almonds.

Place in a large glass bowl first a layer of cake, then a thin layer of almonds, then a thick layer of whipped cream (one-half inch thick), then another cake, then more almonds, then more cream, then another cake. Pour over all of this plenty of custard, then put on more whipped cream, as a float, and decorate it with small pieces of red jelly (apple, currant, or strawberry jelly), and slender leaves of preserved orange peel. This is delicious and highly ornamental, but some trouble to prepare. Not suitable for warm weather unless one has ice to keep all the parts in good order. Have plenty of the custard - the cake soaks it up, and should stand in it all night, if possible.

Mildred McM. Rumley

## APPLE SOUFFLE

Stew the apples, add a little lemon peel and juice; line the sides and bottom of the dish two inches thick; make a custard of one pint of milk and three eggs; when cold, pour it in the middle of the dish. Beat the whites to a stiff froth and spread over the top. Sprinkle a little sugar over it and brown in the oven.

Mildred McM. Rumley

## FRUIT COBBLER (Never Fail)

Grease baking dish - add 1/4 stick butter and fill with your choice of fruit - put in 350° oven until butter melts.

Meanwhile mix 1 cup sugar, 1 cup self-rising flour, and 3/4 cup milk.

Pour over mixture, making sure all sides are covered. Bake 45 minutes to 1 hour.

Athy Cooper

## APRICOT & LEMON SHERBERT

1 - 3 ounce package lemon jello	1 #2 can apricots
2 cups water	1 cup syrup from apricots
1/2 cup sugar	1 cup whipping cream

Mix jello and boiling water - cool and add sugar, apricots which have been put thru a seive (or blender) syrup and cream. Place in freezer till mushy, remove and beat with electric mixer and return to freezer to freeze firmly. Serve topped with a sprig of fresh mint.

Mrs. Irwin Hulbert, Jr. (Frances)

## APPLE DAPPLE

5 eggs	1/2 teaspoon cloves
1 1/2 cup wesson oil	1/2 teaspoon Mace
3 cups flour	2 teaspoons vanilla
2 teaspoons baking powder	5 cups finely chopped apples
1 teaspoon salt	1 cup chopped nuts
1 teaspoon cinnamon	2 1/2 cups sugar

Cream eggs, sugar and wesson oil. Sift dry ingredients together and mix with creamed mixture. Stir in apples, nuts and vanilla. Bake in large greased and floured biscuit pan at 350° for 45 minutes. While hot add:

Topping -  
5 tablespoons butter - melt  
Add 3/4 cup brown sugar  
1/4 cup milk  
Pinch of salt

Boil 4 to 5 minutes and spread on Apple Dapple. When cool cut in small squares.

Rena Terrell

## BLUEBERRY DREAM DESSERT

*Crust:* 1 cup plain flour  
1 stick melted margarine  
3/4 cup chopped nuts  
1/4 cup brown sugar

Mix and put into bottom of 8 x 15 pan. Bake at 350° for 15 minutes.

*Filling:* 6 ounces cream cheese, softened  
1 package Dream Whip  
1 teaspoon vanilla  
3/4 cup sugar

Mix cheese with sugar, add vanilla. Make Dream Whip. Fold into cream cheese mixture. Spread on cooled crust.

*Topping:* 1 pint blueberries  
1/2 cup sugar

Mix together. Bring to boil. Cook for two minutes. Cool; spread on top of filling. Refrigerate.

Verna Motteler

## CHOCOLATE DELIGHT

1 stick soften butter	1 - 9 oz. carton Cool whip
1 cup flour	1 package instant chocolate
1 cup chopped pecans	pudding (small)
1 - 8 oz. cream cheese	1 package instant vanilla
softened	pudding (small)
1 cup powdered sugar	3 cups milk

Mix together 1 stick softened butter, 1 cup flour and 1 cup chopped pecans. Put in a 13 x 9 inch pan and bake 20 minutes at 350°.

Mix together 1-8 oz. package soft cream cheese, 1 cup powdered sugar, 1 cup Cool Whip. Smooth over cool crust.

Mix together 1 package instant chocolate and vanilla pudding mix with 3 cups milk. Smooth over cream cheese layer. Top with remaining cool whip.

This is also called a 4-Layer Dessert.

Lois McLaughlin  
Kay Sharpe

## CHARLOTTE RUSSE

1/2 package (2 T.) gelatin	Pinch of salt
1 pint milk	1 quart whipping cream
1 cup powdered sugar	2 teaspoons vanilla or 4 tablespoons bourbon

Soak gelatin in milk in saucepan for 10 minutes. Then place over moderate fire and stir until gelatin is dissolved. Remove from fire and cool, stirring occasionally. Let cool. Beat cream till thick, sweeten and flavor. Pour gelatin into cream and mix well. Line bowl with lady fingers, fill with mixture and place in refrigerator. (The secret of the smooth texture is not to let gelatin mixture get thick. Put it into whipped cream when it is just cool and stir well .)

Mrs. Vernon Allen (Thelma)

## CHERRY COTTAGE PUDDING

1/3 cup shortening	2 1/4 cups flour
1 1/2 cup sugar	1 1/2 teaspoons baking powder
2 eggs, well beaten	1/2 teaspoon soda
1 cup milk	1/2 teaspoon salt
1 #2 can sour cherries	1/2 cup chopped nuts

Cream shortening, add sugar, gradually, and cream until fluffy. Blend in well-beaten eggs. Sift flour, baking powder, soda and salt together. Stir into creamed mixture alternately with milk. Blend in cherries and nuts. Pour into greased and floured 8 x 12 pan. Bake 50 minutes at 350°.

Marilyn Franz

## HOT CHERRY SAUCE

Mix 1/4 cup sugar, dash salt and 2 tablespoons cornstarch together in sauce pan. Add 3/4 cup cherry juice and 1 cup water. Boil until mixture thickens. Remove from heat and add 1 teaspoon vanilla. Serve over cake squares. Optional - drop a spoon of whipped cream over hot sauce. Serve with Cherry Pudding.

Marilyn Franz

## CHOCOLATE DESSERT

1 package (4 oz.)	sweet cooking chocolate
1 2/3 cup (14 1/2 oz. can)	evaporated milk
1/4 cup	butter
	2 eggs
1 1/2 cups	sugar
	1 teaspoon vanilla
3 tablespoons	cornstarch
	1 1/3 cup flaked coconut
1/8 teaspoon	salt
	1/2 cup chopped pecans

Melt chocolate with butter, remove from heat and gradually blend in milk. Mix sugar, cornstarch and salt thoroughly. Beat in eggs and vanilla. Gradually blend in Chocolate mixture. Pour in 8 inch square pan greased. Combine coconut and nuts. Sprinkle over top. Bake at 350° for about 30 or 35 minutes. Watch carefully. Should be jiggly. Don't overcook. Cool before serving.

Mrs. Clark Rodman (Mavis)

## CHOCOLATE-PEPPERMINT DESSERT

1/2 pound	marshmallows	8 drops	oil of peppermint
1 cup	milk		Green coloring
1 cup (1/2 pt.)	whipping cream		
1 box	Chocolate wafers	(crushed)	

Heat marshmallows and milk over double boiler until marshmallows are melted. Cool, until it congeals. (Set it in refrigerator to hasten process). Fold in cream which has been whipped, the peppermint, a little green food coloring to give a light green color. Place half of the crushed cookies in a pan or dish. Pour peppermint mixture over cookies, then sprinkle remaining crushed cookies over all. Cool well and cut into squares to serve. Serves 6.  
"Wonderful after a heavy meal".

Helen Jacocks

## CARAMEL ICE CREAM

3 Kitchen spoons sugar	2 tablespoons flour
2 cups milk, heated	Pinch of salt
3/4 cup 4X sugar	3 eggs, separated
1 pint heavy cream, whipped	2 teaspoons vanilla

Caramelize the sugar in an iron frying pan. After it dissolves, pour in the hot milk. Mix the sugar with the flour and a pinch of salt in a saucepan. Add the milk and sugar mixture and cook slowly until thoroughly dissolved. Beat the egg yolks until light and add to above mixture. Cook to a boiled custard consistency. When cool, add vanilla and whipped cream. Freeze.

Mildred McM. Rumley

## CARAMEL PUFFS

### Batter:

2 tablespoons butter	2 teaspoons baking powder
1/2 cup sugar	1/2 cup milk
1 1/2 cups flour	1/2 teaspoon vanilla

Cream butter and sugar together. Sift flour and baking powder together and add, alternately, with milk to which vanilla has been added. (May need 1/4 cup lukewarm water.)

### Sauce:

In heavy iron skillet, caramelize one cup sugar by melting and constantly stirring. Very gradually, add two cups boiling water, still stirring, and one tablespoon butter. Into this hot sauce in skillet, drop cake batter by spoonfuls. Place in 400 degree oven and bake 10 minutes. Delicious hot or cold with a dollop of whipped cream on each serving. Serves six or eight.

Mrs. Henry Rumley (Mildred)



## CHOCOLATE PARFAIT OR SUNDAE

1 package semi-sweet chocolate tidbits  
1/2 package miniature Kraft's Marshmallows  
1 large can Carnation evaporated milk  
Vanilla wafers                      Vanilla Ice Cream  
1/2 pint whipped cream              Pecans

Melt together marshmallows, chocolate bits in top of double boiler. Add Carnation to desired thickness.

In parfait glass layer crushed vanilla wafers, scoop of ice cream, chocolate sauce. Repeat until you reach top of glass (chocolate sauce, the last). Sprinkle chopped nuts, spoon whipped cream and top with marishino cherry.

These can be prepared and frozen until serving or prepared as needed, using the hot chocolate sauce served as a hot fudge sundae. Save left-over sauce, reheat by adding small amount of evaporated milk.

Marilyn Franz

## CREME de MENTHE DESSERT

*Ice cream sandwiches*  
*Whipping cream*  
*Creme de Menthe*

Whip cream until stiff. Add creme de menthe to taste (cream should be a medium green in color). Frost ice cream sandwiches with the tinted whipped cream. Place sandwiches on cookie sheet. Freeze until firm and serve. Each frosted sandwich equals 1 serving.

Susan Smith

## CHERRY CRUNCH

1 cup flour	1 stick butter or margarine
1 cup sugar	1 egg
1 teaspoon baking powder	1 can Cherry pie filling

Mix flour, sugar and baking powder. Break in egg and mix until mealy. Line flat casserole or pan with can of cherries and pour flour mixture over it evenly. Melt butter and evenly pour over top. Bake in oven 350° for 45 minutes or until browned. Top with dab of whip cream cut in squares. Serves 8 - depends on size of slices.

Helen Jacocks

### EASY THREE-FRUIT SHERBET

3/4 cup sugar	1 cup orange juice
1 cup water	1 1/4 cup mashed bananas
2 Tablespoons jello (lemon or lime)	1 egg white)
1/2 cup lemon juice	Dash salt ) optional

Boil the sugar and the water for five minutes. Add the jello and dissolve. Add lemon juice, orange juice and bananas. May add the beaten egg white and salt, if desired. Not necessary. Chill in freezer until mushy. Beat thoroughly and then freeze until firm.

Frances Hulbert

### DAIQUIRI SOUFFLE

8 eggs separated	1/2 teaspoon salt
2 cups sugar	2 envelopes plain gelatin
1/2 cup lime juice	1/2 cup rum
1/2 cup lemon juice	2 cups heavy cream
Grated peel of 2 lemons & 2 limes	Crushed pistachio nuts (opt.)

Soak gelatin in rum. Beat egg yolks, add 1 cup sugar gradually. Blend in lime and lemon juices and grated peel and salt. Cook over low heat, stirring constantly til thickened (do not boil). Add rum-soaked gelatin and stir 'til dissolved. Cool. Beat egg whites, add one cup sugar gradually and beat stiff. Whip cream. Fold egg whites and whipped cream into custard. Pour in ring mold and chill several hours or overnight. Unmold and serve garnished with pistachio nuts. Serves 10 or 12.

Mrs. Vernon Allen (Thelma)

## ELEGANT PORT WINE CHERRY GELATIN

1 - 3 ounce package black cherry gelatin  
1 cup water  
1 cup ruby port wine  
Whipped topping

Make gelatin according to directions except substitute 1 cup wine for 1 cup water. Cool and pour into stemmed glasses. Garnish with Cool Whip or cream and Maraschino cherries.

Mrs. Ellen Buckman

## FLAN de LECHE (Milk Custard)

1 can condensed milk	3/4 cup sugar
1 cup milk	3 tablespoons water
1 can evaporated milk	4 eggs
1 teaspoon vanilla	

In skillet combine sugar and water. Heat the mixture over low heat until sugar dissolves. Bring the syrup to a boil over moderately high heat and cook it, shaking the pan occasionally until it is a rich caramel color. Pour hot caramel into souffle dish and rotate the dish to caramelize the bottom and lower sides. Beat eggs lightly, add milk, condensed and evaporated milk and vanilla. Pour the custard into the caramelized dish, set it in a pan of hot water and bake at 350° for one hour or until knife inserted in center comes out clean. Chill custard overnight. Invert on serving dish and serve.

Mrs. Carl Jackson (Tillie)

GATEAU au CHOCOLATE aux AMANDES  
(Chocolate Cake with Almonds )

1/4 poynd bitter chocolate	3 eggs (separated)
3 ounces butter	1 Tablespoon rum or brandy
3 ounces granulated sugar	1 Tablespoon black coffee
3 ounces ground almonds	

1. Break the chocolate into small pieces. Put them with the rum and coffee to melt in cool oven.
2. Stir the mixture well, put it with the butter, sugar and almonds in a saucepan and stir over a low fire for a few minutes until all ingredients are blended.
3. Off the fire, stir in the well beaten egg yolks.
4. Stiffly whip the whites and fold into mixture.
5. Turn into lightly buttered, shallow sponge cake pan - 7 or 8 inch diameter. Cook in very low oven (290°) for about 45 minutes.

Note: This cake, owing to total absence of flour, is rather fragile, so turn it out when it is cool very carefully.

Mildred McM. Rumley

GRASSHOPPER PARFAITS

20 large marshmallows	Green food coloring
1/2 cup milk	18 chocolate cookies, crushed
1 cup whipping cream	(1 1/3 cups)
3 Tablespoons Creme de menthe (green)	
3 Tablespoons Creme de cocoa (white)	

Melt marshmallows over low heat with the milk and allow to cool. In chilled bowl whip cream until stiff and combine with Creme de menthe and creme de Cocoa. (Add a few drops of green food coloring, if desired. Fold marshmallow-milk mixture into whipped cream. Alternate this mixture with cookie crumbs in parfait glasses. Top with crumbs. Refrigerate until serving time. Serves 6.

"Good when you want a 'light' dessert."

Mrs. Vernon Allen (Thelma)

## LUSCIOUS LEMON DESSERT

2 envelopes plain gelatin	1 cup heavy cream, whipped
1/2 cup water	1/2 cup sugar
6 eggs, separated	1/2 cup pecans, chopped
1/2 cup sugar	1/2 Angel Food cake
1/2 teaspoon salt	<u>Icing:</u>
1/2 cup scalded milk	1 cup heavy cream
3/4 cup lemon juice	2 Tablespoons sugar
1 Tablespoon grated lemon rind	1/4 cup chopped pecans
	Grated rind of 1 lemon

Step 1: Soften gelatin in 1/2 cup cold water. Beat egg yolks, add sugar, salt and milk. Cook over boiling water, stirring constantly 'til thickened. Remove from heat, stir in gelatin 'til dissolved. Cool, add lemon juice and grated rind.

Step 2: Beat egg whites 'til stiff, adding 1/2 cup sugar gradually while beating. Fold egg whites, whipped cream and 1/2 cup chopped pecans into the custard. Alternate broken pieces of Angel Food cake and this mixture in a 3 quart ring mold. Chill several hours or overnight.

Step 3: Turn out on a pretty serving plate. Whip second cup of cream, add sugar and frost dessert with this. Sprinkle with chopped nuts and grated lemon rind. Serves 12 to 16.

Mrs. Vernon Allen (Thelma)

## CARAMELIZED EAGLE BRAND MILK

Boil one or more cans Eagle Brand Condensed milk for 3 hours in the can. (Milk will be firm and caramelized in can). May be stored in refrigerator as is until ready to use. Each can make 4 or 5 slices, cut into rounds. Dip can in hot water before using. to loosen from sides. Cut out top and bottom with electric can opener. Serve cold with whipped cream.

## LEMON PUDDING

- 1 Cup sugar
- 3 tablespoons flour (before sifting)
- 1 cup milk
- 2 eggs, separated
- 1 lemon, juice and grated rind (or 1/4 - 1/3 cup lemon juice)

Combine sugar and flour. Add milk, well-beaten egg yolks, salt, lemon juice. Carefully fold in stiffly beaten egg whites. Pour into buttered baking dish. Set in pan of hot water. Bake 350° - 35 to 40 minutes. Serve warm.

Mrs. Irwin Hulbert, Jr.  
(Frances)

## FRUITED MILK SHERBET

- 1 quart milk - few grains salt
- Juice 3 lemons or
- 2 oranges and 2 lemons
- 1 1/2 cups sugar

Mix juice and sugar and let stand awhile. Add gradually to milk. Freeze.

Mrs. John Bragaw

## MOCHA PARFAITS

- 1 cup heavy cream
- 2 tablespoons sugar
- 1 teaspoon instant coffee powder
- 1/4 teaspoon vanilla
- 1 to 2 pints chocolate ice cream, preferably dark chocolate

In small bowl of mixer whip cream, sugar, coffee, and vanilla until soft peaks form. Alternate with layers of ice cream in parfait, sherbert, wine or tall drinking glasses. (For tiny parfaits use fruit juice glasses. Cover and freeze until firm. Remove 10-15 minutes before serving. Makes 6 - 12 parfaits depending on size of glasses.

Susan Smith



## ORANGE CHARLOTTE

2 packages plain gelatin soaked in 1/4 cup water  
2/3 cup boiling water                      Juice of 1 lemon  
1 1/2 cup of sugar                      1/2 pint cream, whipped  
2 cups orange juice                      1 tablespoon grated orange rind  
4 egg whites (Reserve yolks for custard)

Pour 2/3 cup boiling water on soaked gelatin and stir to dissolve. Add sugar and dissolve, then orange and lemon juices. Cool. When it begins to jell, fold in stiffly beaten egg whites, whipped cream and grated orange rind. Refrigerate 4 hours or overnight. Serve with custard sauce and garnish with orange slices.

Custard: 1 pint milk with 1/2 cup sugar, 4 beaten egg yolks, 1 teaspoon vanilla and a pinch of salt. Heat in heavy pot, stirring constantly until it thickens, (Just before it comes to a boil - Do not boil!)

This is a pretty dessert, layered in parfait glasses and topped with bits of orange - and a very light one!

Mrs. Vernon Allen (Thelma)

## ORANGE GUSTAV

4 Naval oranges - cut in half - and seeded  
Poach until fork tender in simple syrup (one cup sugar to one and one-half cups water)

Refrigerate in syrup until ready to serve. At serving time place on crystal dessert plate, quarter orange to form flower. Fill each half with one teaspoon Brandy or Grand Munier; fill with sugared strawberries and top with whipped cream. Serves 8.

(We served this to Washington Garden Club lunch. Explained eat skin and all. Very good!)

Mary Wilson

OLD FASHIONED WINE JELLY  
(Charleston, S.C.)

2 Tablespoons gelatin	1/2 cup lemon juice
1 cup scuppernong or sweet sherry wine	1/2 cup cold water
1 cup sugar	1 cup boiling water
2/3 cup orange juice	

Soak gelatin in cold water until soft. Dissolve in boiling water, add sugar and other ingredients. Pour into bowl or molds. Serve with whipped cream or custard sauce. Especially good after heavy meal.

Ruth Tyer

FRESH PEACHES WITH RASPBERRY SAUCE

10 perfect ripe peaches	1 quart raspberries
6 cups water	1 1/4 cups sugar
2 tablespoons vanilla	(or 1 1/2 pounds frozen
2 1/4 cups sugar	raspberries and 2/3 cup
Fresh mint leaves (Opt.)	sugar)

Put water, 2 1/4 cups sugar and vanilla in a 12 inch saucepan, heat and stir until simmering and sugar is dissolved. Place washed, unpeeled peaches in this, bring back to boiling point and allow to simmer for 8 minutes. Let peaches remain in syrup until cool enough to handle, drain and peel while still warm. Arrange in serving dish and chill. Force the raspberries through a sieve and place this puree in a blender along with the sugar. Blend at top speed until puree is thick (2 to 3 minutes). Pour this over peaches and refrigerate until serving time.  
"From my cousin Mrs. Linton C. Hopkins III, Atlanta, Ga.)

Submitted by Iola Tankard

PERSIMMON PUDDING  
(Persimmons must be ripe & "mushy")

1 cup sugar	1 teaspoon vanilla
1 cup flour	1/2 cup milk
1 teaspoon soda	1 cup persimmon pulp
1/4 teaspoon salt	1 teaspoon melted butter
1/2 teaspoon cinnamon	1 egg, beaten

Mix dry ingredients, then add and mix the liquids. Bake in oiled casserole, covered, for 1 hour at 275°. Uncover and bake at 350° for 15 minutes.

"Dark and deliciously different - "

Mrs. Vernon Allen (Thelma)

POT de CREME

1 cup chocolate bits	2 tablespoons rum
1 egg	3/4 cup hot milk (scalded)
2 tablespoons sugar	

Make only one recipe at a time.

Put all ingredients in blender on high. Pour into 6 demi-tasse cups. (This is very rich - should be divided into 6 portions.) Chill several hours. Can be made a day ahead. Serve topped with whipped cream or whipped topping. Serves 6.

Judy Kidwell

FROZEN MENTHE

1 quart vanilla ice cream	1/4 cup creme de menthe
1 pint lime sherbet	Graham crackers
4 ounces Cool Whip	1 cup chopped salted peanuts or pecans (optional)

Let ice cream and sherbet soften. Mix this with other two ingredients in blender and pour onto packed crushed graham crackers. You may mix chopped nuts into the graham crackers or you may want to sprinkle chopped nuts on top. Freeze and then cut into squares and serve.

Mrs. Robert L. Barker (Kaye)

## PUMPKIN DESSERT

3 cups cooked mashed pumpkin	2 eggs
1/2 stick butter, melted	1/2 cup milk (1/4 evaporated 1/4 water)
1 teaspoon vanilla	
1 cup sugar	1/2 teaspoon salt

Mix all above ingredients. Pour into buttered baking dish. Sprinkle with topping using:

3/4 cup brown sugar	1/2 cup chopped nuts
2 tablespoons flour	

Mix and sprinkle over the pumpkin mixture. Bake at 350° oven for 30 minutes. Top with whipped cream or frozen whipped topping.

Mrs. N. Henry Moore, Jr. (Florette)

## RICE PUDDING

2/3 cup Minute rice	1/2 teaspoon salt
2 cups milk	2 1/2 tablespoons sugar
3 small boxes dark raisens	1/2 teaspoon vanilla
1 cup whipped cream	

Combine the rice, milk and raisens in a large saucepan and bring to a boil. Cover loosely and boil gentle for 15 minutes. Remove from heat and add the salt, sugar and vanilla. Chill and then fold in the whipped cream. "Tudie's recipe".

Submitted by Mrs. Ralph M. Henderson  
(Katie)

## BANANA SNOW WHIP

3 Bananas	1 cup heavy cream
1/2 cup powdered sugar	2 egg whites
1 tablespoons lemon juice	1 cup flaked coconut

Slice bananas. Add sugar and lemon juice and stir so slices will be coated. Let stand one hour in refrigerator. Then mash and beat until light. Beat egg whites until stiff and whip cream. Fold, with the coconut into the mashed bananas. Pour into serving dishes and chill. Egg yolks may be used to make a "Boiled custard" (see recipe) for serving with this.

## SHERRY CREAM DESSERT

2 envelopes unflavored gelatin	
1/2 cup cold milk	1/4 teaspoon salt
5 eggs separated	1/4 teaspoon nutmeg
1 cup sugar	1/2 cup sherry
1 large angel food cake	1 pint whipping cream
1 1/2 cups milk	

Soften gelatin in cold milk. Put egg yolks in top of double boiler and beat slightly, add sugar and milk, stir until thickens over heat. Remove from heat add gelatin, salt, nutmeg. Add sherry very slowly. Put in refrigerator for about an hour or until thickened. Fold in 1/2 of the whipped cream. Beat egg whites stiff and fold in. Tear cake into chunks. Alternate layers of cake and sherry mixture in tube pan. Put into refrigerator 6 hours or over night. When ready to serve, unmold and ice with remaining whipped cream. Sprinkle with shaved chocolate. Serves 10 - 12.

Mrs. Garland Homes ("Boo")

## STRAWBERRY SHORTCAKE DESSERT

1 cup boiling water  
3 small packages strawberry jello  
4 ice cubes  
1 9 ounce carton of cool whip, thawed  
1 round angel food cake  
2 small packages frozen strawberries, thawed

Dissolve jello in boiling water. Add strawberries and ice cubes. Break cake into small pieces. Add to jello and pour into a 9 x 13 x 2 dish. Spread Cool Whip on top. Garnish with strawberries if desired. Chill.

Susan Smith

## STRAWBERRY SHORTCAKE

4 cups plain flour	2 ounces butter
8 teaspoons baking powder	5 ounces Crisco
4 tablespoons sugar	1 1/2 cups milk
1 teaspoon salt	

Mix the dry ingredients, and cut the butter and Crisco into the dry mixture. Add the milk to make fairly soft dough. Roll 1/4 inch thick and cut into large rounds. Put generous piece of butter on one round and top with another round. Bake on greased cookie sheet at 400° until golden brown.

Sauce: 2 quarts strawberries  
1 cup sugar  
2 tablespoons butter

Mash berries, add sugar and butter. Put in top of double boiler and keep warm until ready to serve. Split cakes and spoon sauce over bottom layer, cover with top layer. Add a dollop of whipped cream and top with one large strawberry.

Mrs. Harry McMullan, Sr.

## THOMAS JEFFERSON'S SWEET POTATO PUDDING

1 pound sweet potatoes	Dash of nutmeg
5 eggs, beaten	1 wineglass brandy
1 1/2 cups sugar	Bits of citron for topping
1 cup butter, melted	Pastry for one baking dish
1 lemon rind, grated	

Mix all ingredients and pour mixture into pastry-lined dish. Sprinkle with sugar and bits of citron. Bake at 300° until set.

Mildred McM. Rumley



## SWEET POTATO PUDDING

4 cups grated sweet potatoes (raw)  
1 tablespoon allspice and cinnamon (mixed)  
1 cup cane syrup                      3 eggs, well beaten  
1 cup milk                              1 cup raisins  
1/2 cup butter                        1/2 teaspoon cloves

Melt butter in heavy iron skillet. Mix all ingredients adding the eggs last. Pour into hot skillet, stir until heated. Place skillet in 375° oven, as crust forms around the edge and bottom, stir. Do this several times while baking. Bake 40 minutes. Serve with Cool Whip or lemon sauce. Crust will be crunchy and taste somewhat like candied coconut.

Tillie Jackson

## SWISS COFFEE

6 squares German Sweet Chocolate, broken in pieces  
1/2 cup coffee  
Peel from one orange, cut in strips  
3 cups cold water

Place chocolate in empty coffee pot or drip coffee maker. Place coffee and orange peel in brew basket. Prepare coffee, using 3 cups water. Serve hot with whipped cream and grated chocolate. Approximately 4 servings.

Mrs. Marjorie Holland

## SYLLABUB WITH CAKE

Moisten well a thin sponge cake or lady fingers with sherry wine; then rub off on pieces of loaf sugar the yellow rind of two lemons; dissolve this sugar in one pint of sweet cream; add the juice of the lemons to a little more sugar; then add gradually to the cream. Whip the cream until solid, then pile it on the cake, which has been put in a glass bowl. Pile the cream until it stands high above the edge of the bowl. Ornament the top, if you wish, with strawberries. This makes a very pretty as well as a delicious dish.

Mildred McM. Rumley

## TEXAS PUDDING

4 egg yolks	4 egg whites
1/2 cup sugar	1 cup pecan meats
1/2 cup sherry wine	1 slice crystallized pineapple
1 pint whipped cream	1 or 2 small pieces ginger
	1 bottle maraschino cherries

Cook in double boiler the egg yolks, sugar and wine until thick. Set aside to cool. Whip cream and eggs separately, then mix. Add to cooked mixture. Add crystallized pineapple, cherries (without juice) and pecans. Freeze.

Mrs. John Bragaw (by Lalla)  
Iola L. Tankard from (Mrs.  
H. R. Tankard (Mumsie)

## TIPSY CAKE

Sponge cake	Brandy
Sherry wine	Whipped cream
Boiled custard (see recipe)	Almonds

Dip sponge cake in sherry wine and pour a boiled custard flavored with brandy over the cake. On top put whipped cream and spread almonds, chopped very fine, over this. Good holiday dessert.

Mrs. William Blount (Mary Hill)

## VANILLA ICE CREAM

4 eggs separated	1/2 gallon homogenized milk
1 large can evaporated milk	3 1/2 cups sugar
3/4 teaspoon salt	2 teaspoons vanilla extract

Beat egg whites until stiff, adding part of sugar. Continue beating and drop one yolk at a time into whites, until all yolks are beaten well into whites. Add salt and set aside. In large bowl, mix canned milk with remainder of sugar, vanilla and homogenized milk. Stir well to melt sugar; then add egg mixture. Stir well again and pour into one gallon ice cream freezer.

Verna Motteler

## MOONSHINE

Take a glass of tart jelly and beat up until easy to work with. Beat the whites of six eggs to a stiff froth; add six level tablespoons of sugar; flavor to taste; add the jelly and beat until stiff enough to stand in a pretty erect way on a flat dish. Make a sauce of one and a half teacupfuls of sweet cream and the whites of two eggs. Beat the whites to a stiff froth, adding sugar and flavoring to taste; add the cream and beat briskly until the whole mixture is brought to a stiff froth. Stir a little lemon or vanilla into the eggs before mixing with the cream. Serve the moonshine in pretty dishes and pile the sauce on top. If made of some rich colored jelly moonshine is a very ornamental dish.

(This recipe was handed down from the files of my grandmother, Mrs. J. H. McMullan of Edenton, N. C.)

Mildred McM. Rumley



Keep ready and use whipped cream on hand by whipping one pint cream with 4 tablespoons of sugar.

Drop in peaks on cookie sheet and freeze. Then transfer frozen peaks to airtight containers and store in freezer. Remove 15 minutes before serving.

## COOKIES



When making cookies add 1 tsp. jam or jelly. The cookies will have a better flavor and stay moist longer.

### COCONUT COOKIES

2 cups sifted flour	1 cup brown sugar
1 teaspoon baking powder	2 eggs
1 teaspoon salt	2 teaspoons vanilla
1 teaspoon soda	1 cup quick cooking oats
2/3 cup margarine	2 cups coconut
1 cup sugar	

Sift dry ingredients together and set aside. Cream margarine, sugar and eggs together until light and fluffy. Add vanilla. Add sifted dry ingredients and blend well. Stir in oats and then coconut. Shape into balls the size of a quarter. Bake on ungreased baking sheet at 350° for 8 - 10 minutes.

Mrs. John Hudson (Peggy)

### COCONUT MACAROONS

1 1/3 cups Baker's Angel Flake Coconut	
1/3 cup sugar	
1/8 teaspoon salt	2 tablespoons flour
1/2 teaspoon Almon extract	2 egg whites

Combine coconut, sugar, flour and salt in bowl. Stir in egg whites and extract; mix well. Drop by teaspoon onto lightly greased baking sheets. Bake at 325° for 20 minutes or until brown around edges. Remove from baking sheet at once. Yield: 1 1/2 dozen cookies.

Lalla C. Bragaw

### CRESCENTS (Nutty Fingers)

2 cups flour	1/2 pound butter or margarine
1 - 2 cups finely chopped nuts	
1/4 teaspoon salt	1/2 cup sugar
1 teaspoon almond extract	2 teaspoons vanilla

Cream butter, sugar and salt. Add flavoring, flour and nuts. (will be necessary to use hands to mix). Shape into long finger size crescent moon shaped. Bake at 350° for 25 minutes or until light brown. Cool, sprinkle with confectioners sugar. Yield: 36 crescents.

Margaret Brewbaker

### CRISP COOKIES

1 stick butter	2 cups cake flour
1 stick oleo	2 teaspoons vanilla
1 cup sugar	1/2 cup finely chopped nuts
1 egg, separated	

Cream sugar, butter and oleo. Add egg yolk, flour and vanilla. Spread thinly on cookie sheet (I use my broiler pan.) Brush with slightly beaten egg white and sprinkle with nuts. Bake 1 hour in 275° oven. Cut and remove from pan while hot. Cool on rack.

Mrs. Norman Winslow (Marie)

### DATE BARS

1 cup sugar	3 eggs
1 cup dates cut in pieces	2 teaspoons baking powder
1 cup plain flour	1 teaspoon vanilla
1 cup chopped nuts	1/2 teaspoon salt

Mix beaten egg yolks with sugar. Add dates and nuts and mix well. Sift baking powder and salt with flour and add to mixture. (You may have to use your hands.) Add stiffly beaten egg whites and vanilla. Spread thin on a greased baking sheet. Bake in slow oven 350° about 12 - 15 minutes or until brown and set in middle. Cut in strips and roll in powdered sugar, or serve in squares with whipped cream and topped with a cherry.

Mrs. Vernon Allen (Thelma)

## FORGOTTEN COOKIES

2 egg whites	1/8 teaspoon salt
2/3 cup sugar	1 teaspoon vanilla extract
1 cup chopped pecans	
1 cup chocolate bits	
1 cup coconut	

Beat egg whites until foamy. Gradually add sugar and beat until stiff. Add salt and vanilla extract, mix. Fold in nuts, chocolate bits and coconut. Drop cookie mixture by teaspoon onto an ungreased cookie pan, covered in foil. Put in a preheated 350° oven and immediately after you put them in turn the oven off and forget about the cookies for 8 hours. "Really good".

Mrs. Vernon Allen (Thelma)

## LACE SECRETS

3 cups oatmeal  
3/4 pound butter, melted  
3 cups brown sugar (1 pound)  
2 unbeaten egg yolks

Mix all ingredients together and drop by teaspoonfuls on greased pan, 4 inches apart. Bake in slow oven about 7 to 10 minutes. (These may be more easily removed if baked on foil and lifted off as soon as they began to harden).

Mildred McM. Rumley

## OATMEAL COOKIES

1 cup butter, melted	1 teaspoon baking powder
1 cup brown sugar	1 teaspoon allspice
2 eggs, beaten	2 teaspoons cinnamon
4 tablespoons milk	2 cups flour
1 teaspoon soda	2 cups oatmeal
	1 cup chopped raisins

Mix all ingredients together. Drop on greased paper in biscuits pan. Bake in 450° oven about 12 or 15 minutes.

Mrs. John G. Bragaw (by Lalla)



## LEMON SQUARES

<i>2 sticks butter, softened</i>	<i>2 cups plain flour</i>
<i>1/2 cup powdered sugar</i>	<i>4 eggs slightly beaten</i>
<i>2 cups sugar</i>	<i>6 tablespoons lemon juice</i>
<i>1 tablespoon plain flour</i>	<i>1/2 teaspoon baking powder</i>
<i>Pinch salt</i>	

Mix and press the following into a greased pan approximately 10 x 14: 2 sticks butter, 2 cups flour, 1/2 cup powdered sugar. Bake for 15 minutes at 325°. Mix remaining ingredients and pour over partially cooled cooked pastry. Return to oven and bake 30 minutes in 325° oven. Sprinkle with powdered sugar and cut into squares. Freeze well!

Pat Tankard Brown

## LEMON MERINGUES

*Meringes:*

*3 egg whites, 1/8 teaspoon salt,  
1/2 teaspoon vinegar, 1/4 teaspoon vanilla  
1 cup sugar.*

Add all except sugar to egg whites. Beat until peaks form. Gradually add sugar. Beat until stiff. Spoon in mounds on cookie sheet covered with brown paper. Shape with teaspoon into 10 cups. Bake in 300° oven for 45 minutes. Remove from paper at once and let cool.

*Filling:*

*Beat 3 egg yolks, 1/4 cup sugar, 4 tablespoons lemon juice,  
1 - 1/2 teaspoon rind (optional).*

Cook over boiling water, stirring until thick. Add rind. Chill. Whip 1 cup heavy cream and fold into mixture. Put filling in meringue shells. Serves 10.

Mary Jones

## PEANUT BUTTER COOKIES

1 cup margarine	2 - 1/2 cups flour(sifted)
1 cup peanut butter	1 teaspoon baking powder
1 cup sugar	1 teaspoon soda
1 cup firmly packed brown sugar	1 teaspoon salt
2 eggs	
1 teaspoon vanilla	

Sugar, nuts, chocolate kisses, jam or jelly.

In bowl with mixer at medium speed, beat first 6 ingredients until fluffy. At low speed beat in next 4 ingredients. Shape into one inch balls; roll in sugar. Place 2 inches apart on ungreased cookie sheets. Bake in 350° oven 12 to 15 minutes. Immediately press nuts or candies into cookies, or press with thumb and fill with jam. Cool. Store in air tight container. Makes 6 dozen. Bake up to one week ahead.

Gretchen Cochran

## RUM BALLS

3 cups crushed vanilla wagers  
1 cup powdered sugar  
1 - 1/2 cups finely chopped pecans  
1 - 1/2 tablespoons cocoa  
2 tablespoons white corn syrup  
3/4 cup light rum

Mix all ingredients except powdered sugar thoroughly and form into small balls (about a teaspoon each). Roll in powdered sugar. Store in tin box with was paper between layers.

Mrs. Vernon Allen (Thelma)



To keep cookies crisp, place crushed tissue in bottom of cookie jar.

## SARA'S SINFUL BROWNIES

1 stick margarine	Icing:
1 cup sugar	3/4 stick margarine, melted
4 eggs	1 cup sugar
1 cup self-rising flour	1/4 cup evaporated milk
1 - 16 ounce can Hersheys	1 cup chocolate chips
chocolate syrup	1 teaspoon vanilla
	1 cup chopped nuts

Cream the margarine and sugar. Add the four eggs one at the time. Add the flour and the syrup and mix thoroughly. Pour into two greased 9 inch square cake pans. Bake at 350° for 35 minutes.

For the icing, blend together the margarine, the sugar and milk. Cook for three minutes. Remove from heat and add chocolate chips and vanilla. Beat until creamy. Pour over brownies and sprinkle with nuts. Serves 48.

(Sara Hackney gave us this recipe. We served it to impress Mr. Stringer's guests when he hosted the Bishop's clergy lunch. Sue Graves took one bite and named them).

Mary Wilson

## SPRITZ COOKIES

1 cup butter	1/2 teaspoon baking powder
3/4 cup sugar	1 teaspoon vanilla extract
1 egg	1/8 teaspoon salt
2 - 1/2 cups flour	

Cream shortening. Add sugar gradually and cream well. Beat in egg and extract. Add flour sifted with salt and baking powder. Fill in cookie press and press into desired shapes on ungreased cookie sheets. Bake 10 - 12 minutes at 350°. Yield: 6 dozen cookies.

Linda Seale

## SNICKER DOODLES

Mix in order:

1 egg	1/2 cup sugar
1 cup flour	1/3 cup milk
2 tablespoons melted butter	1 teaspoon baking powder
1 cup raisins	

Spread in prepared pan. Sprinkle well with brown sugar  
] - ]/4 inch thick. Dust with cinnamon. Dot with butter.  
Bake. Cut in squares.

Mrs. J.A.H. Tankard

## "THE BEST" SUGAR COOKIES

1 cup butter	3 - 1/2 cups sifted plain flour
1 teaspoon vanilla	2 teaspoons cream of tartar
1 - 1/2 cups sugar	1 teaspoon soda
3 eggs	1/2 teaspoon salt

Cream butter and vanilla. Add sugar gradually, creaming until light and fluffy. Add eggs, one at a time, beating after each. Sift dry ingredients together. Add gradually to creamed mixture. Chill thoroughly (3 to 4 hours or overnight). Roll on well-floured surface 1/8 to 1/4 inch. Cut in desired shapes. Bake on ungreased cookie sheets in moderate oven (375°) 6 to 8 minutes. Cool slightly on cookie sheet, fine for cooling on racks. Decorate with colored sugar before baking or while still warm after baking or when cool. Glaze or pipe with confectioners icing. Makes about 8 dozen cookies.

When rolling out part of dough, keep remaining dough in refrigerator for easier rolling.

Verna Motteler

## PENELOPE BARKER TEA CAKES

1 quart blour	1 teaspoon soda
3/4 cup butter or margarine	1 tablespoon warm water
2 cups brown sugar	1/2 teaspoon salt
3 eggs, beaten	1 teaspoon vanilla

Cream the butter, sugar and eggs together. Dissolve the soda in the warm water and stir into the creamed mixture. Gradually add enough of the ~~F~~lour to make dough as soft as possible to cut. Divide dough into four parts, wrap and refrigerate overnight. Cut cookies and bake at 350°. Makes approximately 5 dozen cookies.

*"On October 25, 1774, fifty-one ladies of Edenton met and drew up a resolution declaring they would drink no more tea nor promote ye wear of any manufacture from England' until the odious tax was repealed. This was proclaimed the first instance in America of any concerted action by women on a political issue. Mrs. Thomas Barker (Penelope), presided over this tea party. Tea cakes and tea were served, not English tea - but tea made with leaves of the Sassafras and Youpon bushes of the coastal area of Northeastern North Carolina."*

From The Edenton Historical  
Society - submitted by Mrs.  
Robert L. Barker (Kaye Hollowell)

## TOLL HOUSE COOKIES

1 cup butter, softened	1 teaspoon salt
3/4 cups brown sugar	1 cup pecans
3/4 cup white sugar	1 teaspoon vanilla
2 eggs	1 (12 ounce) package chocolate bits
1 teaspoon soda	
2 - 1/4 cups flour	

Preheat oven to 375°. In small bowl, combine flour, baking soda and salt, set aside. In large bowl, combine butter, sugar, brown sugar and vanilla extract, beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in Nestle' Semi-Sweet Chocolate bits and nuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake 8 - 10 minutes. Makes 100 cookies.

Mrs. Clark Rodman (Mavis)

## CANDIES

### ALMOND BRITTLE

*1/4 cup butter or margarine  
1 cup granulated sugar  
2 cups whole blanched almonds\**

Combine ingredients in large skillet. Cook over medium heat, stirring until sugar melts and mixture is golden brown, 15 to 20 minutes. Pour mixture quickly into a lightly buttered 15 x 10 inch pan, spreading thinly. Cool, then break into serving size pieces

\* (Try this brittle, using peanuts, walnuts, hazel nuts, cashews or any combination of nuts.)

Lalla C. Bragaw

### PEANUT BRITTLE

*2 cups raw peanuts in skins  
2 cups sugar  
3/4 cup white Karo  
1/2 cup water*

*Cook above ingredients until golden brown and peanuts pop and smell parched.*

Take from stove. Have ready in cup 2 heaping teaspoons soda, 1 level teaspoon salt, walnut-size piece of butter and 2 teaspoons of vanilla. Add to cooked peanuts and beat until it foams. Pour quickly into shallow, greased platter and spread.

Mildred McM. Rumley



## BUTTERMILK PECAN PRALINES

2 cups sugar	4 cups pecans
1 cup buttermilk	1 teaspoon vanilla
1 teaspoon soda	Pinch of salt
2 sticks butter	2 tablespoons white corn syrup

Add soda to buttermilk and mix with sugar, butter, salt, and syrup. Cook until it forms a rather hard ball when dropped in water. (Stir continuously - it takes some time to cook to hard ball stage). Add vanilla, then pecans and stir a short time. Cool rapidly. Spoon pralines on waxed paper. Makes about 48 large pralines. (These are delicious - worth the expense and time).

Marilyn Franz

## CANDY CRUNCH

2 - 3 ounce packages Nestle's Butterscotch Bits  
1 can Chow Mein Noodles  
1 small can salted peanuts  
1 tablespoon of butter

Mix all ingredients together and cook in double boiler - stirring constantly until peanuts and noodles are well coated. Drop by teaspoon on ungreased cookie sheet.

Lalla Bragaw

## CHOCOLATE FUDGE

4 - 1/2 cups sugar	3 teaspoons vanilla
2 sticks butter or margarine	3 small packages chocolate chips
1 large can evaporated milk	
1/2 teaspoon salt	2 cups pecans
1 cup white raisins (optional)	

Boil sugar and milk for six minutes, remove from heat, add butter, flavoring, chocolate chips, salt, nuts and raisins. Beat until chips are melted. Put in buttered dish. Set overnight or until firm. Cut in squares. Makes 5 pounds of candy. Half the recipe if you like.

Mrs. Clark Rodman (Mavis)

### FUDGE DROP CANDY

1 - 6 ounce package semi-sweet chocolate bits  
1 - 6 ounce package butterscotch morsels  
1 - 1/4 cups Quaker oats  
1 cup chopped unsalted peanuts

Melt chocolate bits and butterscotch morsels in double boiler over hot water. Remove from heat. Stir in oats and peanuts. Drop by teaspoon onto waxed paper.

Linda Seale

### DATE ROLL CANDY

2 cups white sugar	2/3 cup milk
1/4 stick butter	1 tablespoon Karo syrup
1 pound cut up dates	2 cups chopped nuts

Boil until it forms a soft ball in water. Add one pound cut up dates and boil again until it forms a soft ball in water. Add 2 cups chopped nuts. Take off stove and beat. Spread a wet towel in dish, pour mixture on it, roll and let stand until cold. Then slice and roll in powdered sugar.

Mrs. John G. Bragaw (by Lalla)

### ENGLISH TOFFEE

2 sticks butter	1 cup chopped nuts
1 - 1/2 cup brown sugar	1 bar chocolate candy or 1 cup chocolate morsels

Melt butter and stir in sugar. Stir constantly and when mixture gets bubbly, stir constantly for 7 minutes longer. In greased cookie sheet, spread nuts and pour mixture over. Put chocolate morsels or bar of chocolate on top. Cover with another cookie sheet and let chocolate melt then spread the chocolate and let cool. Break into small pieces -- very rich.

Toddy McKenzie  
Verna Motteler

## SEAFOAM CANDY

3 cups sugar	2 egg whites
1 cup water	1 teaspoon vanilla
1 tablespoon vinegar	1 cup nuts

Combine sugar, water, vinegar. Stir over low heat until sugar dissolves. Cook without stirring to 250 degrees. Beat egg whites until stiff. Pour mixture over egg whites beating constantly until creamy. Add vanilla and beat until mixture holds its shape. Fold in nuts. Drop by teaspoons full on wax paper.

Athy Cooper

## TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

## PICKLES, PRESERVES, AND RELISHES



### PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

### ARTICHOKE RELISH

1 quart chopped onions	2 quarts cider vinegar
1 quart chopped cabbage	4 cups light brown sugar
3 quarts chopped artichokes	1 tablespoon each of celery seed and mustard seed
2 cups chopped celery	4 tablespoons powdered mustard
2 cups chopped bell pepper	1 cup plain flour
1/2 cup salt (plain)	1 tablespoon turmeric
1 large can pimentoes	1 cup water

Cook vinegar, sugar, and seeds for 10 minutes (boil hard). Make a paste of flour, turmeric, and water. Add and cook 5 minutes. Add other ingredients and heat; add artichokes last. When heated through, put in sterilized jars and seal. Yield: 10 pints.

## ARTICHOKE PICKLES (WHOLE)

<i>1/2 peck artichokes</i>	<i>2 quarts vinegar</i>
<i>2 pounds sugar</i>	<i>1 teaspoon celery seed</i>
<i>6 large onions</i>	<i>2 tablespoons dry mustard</i>
<i>2 tablespoons mustard seed</i>	<i>2 tablespoons turmeric</i>

Clean artichokes. Peel and chop onions. Soak overnight (separately) in 1 gallon of water with 1 cup salt each. Put vinegar and sugar and spices in large pot. Bring to a boil. Add onion and boil for 15 minutes. Add artichokes and let them get hot. Put in jars and seal. May add 1 hot pepper to each jar if desired.

## "MOCK ARTICHOKE" RELISH

<i>2 quarts pears</i>	<i>1 quart vinegar</i>
<i>1 quart onions</i>	<i>2 cups sugar</i>
<i>6 green peppers</i>	<i>1 cup flour</i>
<i>1 teaspoon turmeric</i>	<i>2 teaspoons salt</i>
<i>2 teaspoons dry mustard</i>	

Measure pears and onions after peeling and chopping. In large pot, put vinegar, sugar, flour, salt, sugar, and spices. Bring to a boil and let simmer 5 minutes. Add pears, onions, and peppers. Bring back to a boil and let simmer 5 minutes. Put in sterile jars and seal.

## BREAD AND BUTTER PICKLES

<i>4 quarts sliced cucumbers</i>	<i>3 cloves garlic</i>
<i>6 medium white onions</i>	<i>1/3 cup salt</i>
<i>2 green peppers, chopped</i>	<i>1½ teaspoons turmeric</i>
<i>5 cups sugar</i>	<i>1½ teaspoons celery seed</i>
<i>3 cups cider vinegar</i>	<i>2 tablespoons mustard seed</i>

Wash and slice unpeeled cucumbers. Peel and slice onions and garlic cloves. Seed and chop peppers. Add salt and cover with crushed ice. Let stand 3 hours. (I use an enameled roaster pan for this.) Drain off the water. Combine remaining ingredients and pour over cucumber mixture. Heat just to a boil. Put in hot, sterilized jars and seal.

## CRISP, SWEET CUCUMBER PICKLES

Get 1 peck whole cucumbers and wash and soak them in hot water brine made with 2 cups salt to 1 gallon water for 24 hours. Next day, pour off water and soak in alum water made by adding  $\frac{3}{4}$  cup powdered alum to 1 gallon hot water. Pour over cucumbers and let soak 24 hours. On the 3rd day, pour off alum water and cover with clean hot water. Let stand 24 hours. On the 4th day, boil 1 gallon vinegar and 1 small package pickling spice 5 or 10 minutes or until vinegar is as spicy as you like. Pour, while hot, over cucumbers. Let stand 9 days. Weight down cucumbers so they are all covered with vinegar. On the 9th day, pour off vinegar, reserving 1 quart or more. Cut cucumbers as desired and layer with 9 pounds of sugar to 1 peck cucumbers in large glass jar or other suitable container. Will make own syrup. If not enough to cover after a week or two, add reserved vinegar. Sealing not necessary.

Hallene Cayton

## FROZEN CUCUMBER PICKLES

10 cucumbers, <i>thinly sliced</i>	1½ cups sugar
2 large onions, <i>thinly sliced</i>	1/2 cup vinegar
2 tablespoons salt	

Put cucumbers and onions in a plastic bag (or pan) and add 2 tablespoons of salt. Let set for 2 hours. Then drain (do not wash). Mix sugar and vinegar; stir until dissolved. Pour over cucumbers and onions and stir all together. Put into freezer containers. When ready to use, remove from freezer and refrigerate.



## ROBENA'S CUCUMBER PICKLES

1 peck cucumbers	1 handful whole cloves
1 dinner plate of sliced onions	1 handful whole allspice
6 pounds white sugar	9 red pepper pods
1 box celery seed	1 gallon vinegar
1/2 box dry mustard	2 double handful powdered alum

Wash cucumbers and cut up as preferred. Cover cucumber in brine and soak 3 days, changing water daily. On the last day, add 2 double handful of powdered alum for 3 hours to crisp. Then, pour boiling water to wash the alum off. Bring seasonings to a boil. Do not cook cukes and onions. In large stone crock or jars, layer onions and cukes. Pour hot vinegar and spices over them, seal and hide from friends. Wait 10 days to eat. Small amount of minced garlic may be added to crock or jars if desired.

Mrs. Robin Hood  
Robena Carter

## MRS. CHARLES WARREN'S CUCUMBER PICKLES

As given to Mrs. Harry McMullan, Sr.

1 peck cucumbers	1 handful whole cloves
1 gallon vinegar	1 handful whole allspice
2 pounds sliced onions	1/2 handful blade mace
6 pounds white sugar	12 red peppers (long ones on a string)
1 box celery seed	3 cloves garlic, chopped
1 small box dry mustard	1 tablespoon powdered turmeric

Soak pickles 3 days. Change water daily. On the 3rd day, sprinkle 1 box alum in fresh water and soak 6 hours. Put in sink and pour boiling water over. Drain. Arrange layers of cukes and onions in stone crock. Bring to boil all other ingredients and pour over cukes.

## ICE BOX PICKLES

10 pounds cucumber  
4 cups lime  
2 gallons water  
Green food coloring

1 gallon vinegar  
8 cups sugar  
1/4 cup pickling spice  
2 cinnamon sticks

Wash and dice cucumbers. Mix lime and water. (I use an enameled roaster pan for this.) Soak sliced cucumbers in lime water for 24 hours. Pour off lime water and rinse cucumbers 3 times in cold water (handle carefully). Then soak in ice water for 4 hours. Make a syrup of the vinegar, sugar, and spices in a large pot or in the roaster pan. Let come to a boil. Drain cucumbers and put them in this syrup. Bring quickly to a boil and let cook 15 minutes. Add green coloring and put in hot, sterilized jars, spooning syrup on top. Seal and stand jars on their heads until cool. Then right side up and tighten lids. These are crisp, sweet, and pretty.

## CUCUMBER PICKLES

Wash and dry cucumbers. Pack tightly (whole or sliced) into a sterile quart jar. Pour over 1 teaspoon salt and a garlic clove and fill the jar with vinegar. Seal tightly and store. As you desire (will keep months), drain the cucumbers and layer in a crock or jar, covering each layer with slices of onion, pickle spices, and sugar. (I like mine rather sour and you will "feel out" how much sugar you like.) Refrigerate and check daily to see if sugar is making enough syrup. Turn "bottoms up" often--will be seasoned and ready to eat in several days.

Mrs. Irwin Hulbert, Jr. (Frances)



Add raw cucumber and carrot strips, green beans, and cauliflowerets to liquid left in dill pickle jar. Refrigerate for several days to make delicious dill-flavored cocktail snacks.

## PICKLE STICKS

24 medium cucumbers	4 teaspoons celery seed
3 3/4 cups vinegar	1 teaspoon mustard seed
4 cups sugar	4 teaspoons turmeric
3 tablespoons salt	

Slice cucumbers lengthwise into eighths. Cover cucumbers with boiling water and let stand overnight or 12 hours. Drain well. Pack in jars. Boil other ingredients for 5 minutes. Pour over cucumbers in jars. Seal and process in hot water bath for 5 minutes. Makes 6 pints.

Mrs. Edwin Osteen (Martha)  
of Florence, S.C.

## DILL PICKLES #1

Enough cucumbers for	6 cups water
4-6 pints	1/2 cup plain salt
2 cups vinegar	(not iodized)

Bring vinegar, water, and salt to a boil. Pour over cut-up cukes in jars. Pour out the liquid into pan and bring to a boil again. Pour over cukes and add 1 teaspoon dill seed and 2 slices onion to each jar.

Mary Jones

## DILL PICKLES #2

Select 50 medium cucumbers. Wash and pack whole or quartered in sterilized quart jars. Add to each jar 1 head of fresh dill or 1/2 teaspoon of dried dill. Add 2 or 3 cloves of garlic, depending on size of cloves; add 1 small red or green pepper, if desired. Bring to a boil: 2 quarts water, 1 quart vinegar, 1/3 cup of Mrs. Wage's canning and pickling salt. Fill jars to within 1/2 inch of top. Screw lid tightly. Label and store in cool, dry, dark place. Ready to eat in 3 or 4 weeks, depending on size of cucumbers.

Mrs. Edwin Osteen (Martha)  
of Florence, S.C.

## PICKLED OKRA

Wash and trim small okra pods. Soak in lightly salted water about 30 minutes. Bring to boil: 3 cups white vinegar, 8 tablespoons brown sugar, and 1 teaspoon salt. In pint jars, place 1 small pod of red pepper, 1 clover of garlic, 1/2 teaspoon dill seed. Pack jars with okra. Pour over hot syrup. Add another 1/2 teaspoon dill seed. Seal. Let mellow 2 weeks. Chill to serve.

Hallene Cayton

## CORN RELISH

2 quarts corn (about 12 ears)	2 tablespoons ground mustard
1 quart cabbage (chopped)	1 teaspoon salt
1 cup green pepper	1 tablespoon celery seed
1 cup sweet red pepper	1 quart vinegar
2 large onions	1 cup water
1½ cups sugar	

Boil corn for 5 minutes. Cut from ears. Combine all ingredients and cook slowly 20 minutes. Put in jars and seal. About 8 pints. More sugar and salt may be added if desired.

Emily Taylor  
of Florence, S.C.

## DILLED CARROT STICKS

2 pounds carrots	1/2 teaspoon crushed red pepper
1 1/3 cups white vinegar	1½ teaspoon dill seed
1 1/3 cups water	1/2 teaspoon each of celery seed,
1 cup sugar	caraway seeds, and mustard
1 teaspoon coarse salt	seeds

Wash and scrape carrots. Cut into thin strips. Cook in boiling salted water until almost tender, about 5 minutes (test). Drain. Pack in hot, sterilized pint jars. Combine remaining ingredients and bring to a rolling boil for 2 minutes. Pour syrup over carrots and seal jars. Chill and serve with salads or cold meats. Yield: 4 pints.

Mrs. Vernon Allen (Thelma)

## GARDEN SALAD

24 cucumbers, peeled and sliced crosswise	Large bag of carrots, peeled and sliced crosswise
6-8 large green peppers, chopped	2 cans diced pimientos
6-8 onions, chopped	

Cover all vegetables except pimientos with 1 cup salt. Let stand 3 hours. Wash several times in tap water. Drain well in collander. Bring to a boil:

1½ quarts cider vinegar	6 cups sugar
1 box mustard seed	1 teaspoon black pepper
2 tablespoons celery seed	

Bring to a boil and add drained vegetables and pimientos. Simmer 10 minutes. Pack in sterilized jars. Seal. Process in hot water bath 10 minutes. Makes 7 or 8 pints.

Mrs. Edwin Osteen (Martha)  
of Florence, S.C.

## MOTHER'S CANDIED GRAPEFRUIT

Take 2 grapefruit, clean skin, and cut in strips. Let stand overnight in salted water. In morning, drain and cover with clear water; boil 10 minutes. Repeat twice. After third boiling, drain, cover with 2 cups of sugar, and let simmer until all sugar is taken up and skins are clear. Roll in dry sugar and let dry in sun or in heated oven which has been turned off. "Served this with hot cinnamon toast rounds, stuffed fruit and nuts at morning coffee for E.C.W. in December."

Mary Wilson

### GINGER-PEAR CONSERVE

8 pounds pears (weigh after peeling and coring)	2 oranges and 1 lemon or
8 pounds sugar	2 lemons and 1 orange (for less sweetness)
1/4 pound crystallized ginger	

Put all ingredients through food chopper and boil until syrup thickens (3½ to 4 hours, gently simmering in an open pot). Be sure to stir frequently to prevent sticking in the last hours.

Mrs. Vernon Allen (Thelma)

### PEAR-PINEAPPLE TOPPING

3 pounds pears, peeled and chopped fine in food processor	2 cups sugar
1 15-oz. can crushed pineapple	1 tablespoon grated fresh ginger root

Combine ingredients and simmer for 2 hours (or until the color changes). Fill sterile jars to the top and seal. This is a delicious topping for ice cream.

Mrs. Vernon Allen (Thelma)

### MOTHER'S ORANGE MARMALADE

3 oranges  
1 lemon

Grind the oranges and the lemon. Measure and add an equal amount of water. Let stand overnight. In the morning, add sugar cup for cup. Boil about 20 minutes. Test on a cold saucer. If it wrinkles, it is done. "This is marmalade as the English make it. My mother, at age 90, made 8 quarts for us to use in making English Trifle to serve 300 lunch guests at the E.C.W.'s British festival. And that's what made the Trifle special."

Mary Wilson



## ORANGE JELLY

1 6-oz. can frozen orange juice	3 tablespoons fresh lemon
3¼ cups sugar	juice
1 cup water	1½ bottle Certo

Put sugar and water in saucepan and bring to a rolling boil. Boil 1 minute, stirring constantly. Remove from heat and put in orange and lemon juices and mix. Add Certo and mix thoroughly. Remove froth and pour into clean, sterilized jars. Seal with parafin.

Mrs. Edwin Osteen (Martha)  
of Florence, S.C.

## APRICOT MARMALADE

5 pounds apricots	1½ pound blanched almonds
5 oranges	Sugar, measure for measure

Boil orange peel, changing water several times. Crack seeds of apricots, blanch kernels. (It takes strength and will-power to find the kernels but worth it eventually.) Grind almonds and apricot kernels together with orange rind. Place quartered apricots and chopped orange pulp in kettle with ground nuts and peel. Add equal measure of sugar. Cook slowly until thick. Put in sterilized jars and seal with parafin. Cool and enjoy.

Marje Harper

## FIG PRESERVES

Soak figs in salt water about 15 minutes. Rinse and measure. To each pound of figs add 1½ pound sugar. Let stand overnight. Next day, place in kettle and add juice and rind of 2 lemons to each 5 pounds of figs, and about 2 ginger roots. Bring to boil and cook slowly until figs are tender. Do not overcook. Remove figs from syrup and continue cooking syrup until right consistency is reached. Return figs to syrup. Reheat. Place in pint jars and seal. 5-7 pounds of figs make 4-5 pints. Do not process more than 7 pounds of figs at any one time.

Louise Satterthwaite

## CHUTNEY

5-6 cups chopped pears*	1 tablespoon mustard seed
1 lemon, chopped, rind & all	1 teaspoon salt
1 clove garlic, chopped	Generous dash of cayenne
2 cups brown sugar	2 green or red peppers, chopped
1½ cups raisins	4 onions, chopped
3 ounces chopped crystallized ginger or 2 tablespoons of powdered ginger	2 cups cider vinegar

Cook all ingredients until fruit is tender. Place in jars and seal.

\*Apples, mangoes, or plums may be substituted but should be very firm and slightly under-ripe.

Mrs. Irwin Hulbert (Frances)

## PEAR MINCEMEAT

7 pounds pears	1 tablespoon cloves
1 cup vinegar	1 tablespoon nutmeg
3 pounds brown sugar (light or dark)	1 tablespoon salt
1 tablespoon cinnamon	1 tablespoon allspice
	1 pound seedless raisins

Wash and core pears; run through meat grinder or fine slicer machine. Do not peel pears. Mix other ingredients into pears and cook for 45 minutes, longer if necessary for pears to become tender. Seal in pint or quart jars. One pint is enough for one pie. Serve with whipped cream. "Will keep indefinitely in sealed jars."

Toddy MacKenzie



To remove paraffin easily from jams and jellies, place a piece of string across jars before sealing, letting it hang an inch or two on either side.

### MINT JELLY

2 cups water	1 cup vinegar
6½ cups sugar	1 bottle Certo
1 cup fresh mint leaves (spearmint), finely chopped	

Combine ingredients in a pot, bring to a boil, and simmer 15 minutes. Strain to get rid of mint leaves. Add green coloring and Certo and bring to a rolling boil. Let boil for 1 minute. Pour into hot, sterilized jars or jelly glasses. Seal immediately or cover with parafin. Yield: 12 6-ounce glasses.

Mrs. Vernon Allen (Thelma)

### HOT PEPPER JELLY

1 cup bell peppers, cut up	5 cups sugar
1/4 cup hot peppers, cut up	1 bottle Certo
1½ cups cider vinegar	

Boil the above ingredients for 3 minutes. Strain through fine sieve, then add 1 bottle of Certo. Bring just to boiling point, take from stove, and put in 1/8 teaspoon of green coloring. Pour into sterile jars at once. When cool, cover with parafin. Yield: 6 glasses.

Mrs. Vernon Allen (Thelma)

"This recipe was given to me by Mrs. Edwin Kaminski (Ethel) of Georgetown, S.C."

### CRANBERRY RELISH

1 pound cranberries
3 apples, quartered, seeded
3 oranges, quartered, seeded

Peel 1/4 off of each orange and apple. Grind all ingredients together and add sugar--2 to 2½ cups. Add tiny pinch of salt. Makes 3 pints. Refrigerate (will keep 2 weeks).

Barbara Winfield

## PEACH PICKLES

2 cups vinegar	2 tablespoons whole cloves,
5 cups sugar	tied in cheesecloth
2 cinnamon sticks	Peaches

Choose small, firm freestone peaches. Make syrup of all other ingredients and cook for 20 minutes. Add peaches and cook just until tender. Pack in sterilized jars and cover with syrup. Seal. Make more syrup as needed and keep adding peaches until all are canned.

Mrs. Edwin Osteen (Martha)  
of Florence, S.C.

## PEAR CHIPS

8 pounds pears, peeled and sliced	7 pounds sugar
2 lemons	1 box whole root ginger
3 oranges	1 pint water

Quarter oranges and lemons. Remove seeds and grind. Dissolve sugar in water in large pot. Add all other ingredients. Boil until pears are clear and syrup thickens. Seal in jars while hot. Yield: 10 pints. Delicious as a topping for ice cream.

Mrs. Vernon Allen (Thelma)

"This is from my friend Claire Van Arsdall, who has two prolific pear trees at her home at Litchfield Country Club, S.C."

## CHILI SAUCE

8 lbs. or 24 large ripe tomatoes	1 cup sugar
3 onions	2 teaspoons ground cinnamon
1 large sweet red pepper	1 teaspoon ground cloves
1 cup cider vinegar	1 teaspoon salt

Boil tomatoes down, then add other ingredients (except spices). Simmer until desired thickness. Add spices when nearly done. Cool, bottle and cover with parafin.

Claudia Simmons Bell  
(By: Mildred McM. Rumley)

### PICCALILLI

10 cups chopped green tomatoes	2 cups sugar
1 sweet red apple	1 tablespoon celery seed
2 green peppers	2 tablespoons mustard seed
3 3/4 cups chopped onions	1 tablespoon horseradish
1/2 cup salt	1 teaspoon whole cloves
1 quart vinegar	

All vegetables must be chopped fine. Use food processor or grinder. Mix salt in after grinding. Cover and let stand overnight. Combine vinegar and sugar and add the spices tied in a cheesecloth bag. Bring to a boil and add the drained vegetables. Heat again to boiling point but do not boil. Put at once into hot, sterilized jars and seal immediately.

### ANTIPASTO RELISH

1/2 small head cauliflower	3/4 cup wine vinegar
2 carrots	1/2 cup olive oil
1 green pepper	2 tablespoons sugar
2 stalks celery	1 teaspoon salt
1 4-oz. jar pimento strips	1/2 teaspoon dried oregano
1 3-oz. jar pitted green olives	1/4 teaspoon pepper

Break cauliflower into flowerets; slice. Cut carrots and green peppers into 2-inch strips. Cut celery into 1-inch pieces. Drain pimentos and olives. Place all ingredients into a large skillet. Add 1/4 cup water. Bring to a boil, stirring occasionally. Reduce heat; cover. Simmer for 5 minutes. Cool. Refrigerate for 24 hours. Drain well before serving.

Mrs. W.A. Stringer (Barbara)

## PEACH CHUTNEY

3 quarts peeled, coarsely chopped fresh peaches (about 18 medium)	2¼ cups cider vinegar
1½ cups chopped fresh onions	6 tablespoons fresh lemon juice
2 cloves garlic, minced	1½ teaspoons salt
2¼ cups light brown sugar, firmly packed	1½ teaspoons ground ginger
	1/2 teaspoon ground nutmeg
	1/8 teaspoon Tobasco Sauce

In large kettle, combine all ingredients. Cook slowly, uncovered, about 1 hour or until mixture is thick. Stir occasionally. Pour immediately in hot, sterilized jars and seal. Makes about 4 pints. Chutney improves on standing, so allow at least a month before serving.

Mrs. Edwin Osteen (Martha)  
of Florence, S.C.

## SQUASH PICKLES

1 gallon yellow squash, thinly sliced	1/2 cup salt
8-10 onions, sliced	

Cover squash with salt. Let stand overnight. Rinse with cold water. Drain well.

Mix:

5 cups white vinegar	2 tablespoons mustard seed
4 cups sugar	1½ teaspoons celery seed
1½ tablespoons turmeric	

In large kettle, let mixture come to a boil. Add drained squash and onion and reheat. Fill sterile jars and seal. Makes 7½ to 8 pints.

Louise Satterthwaite and  
Mary McLaurin



## TOMATO RELISH

Combine 1 peck of tomatoes (green or ripe), ground, with 1 cup of salt. Let drain overnight in cloth bag. In the morning, grind 1 medium size cabbage, 11 peppers (assorted if you can or get all green), 6 medium size onions. Mix vegetables. Add:

2 tablespoons celery seed	2 quarts vinegar
2 tablespoons mustard seed	8 cups sugar
1 tablespoon whole cloves	

Cook over low heat until vegetables are tender. Seal.

Emily Taylor, Florence, S.C.  
Submitted by Thelma Allen

## WATERMELON RIND PICKLES

Syrup: 3½ pounds sugar	1/2 teaspoon oil of cloves
1 pint white vinegar	1/2 teaspoon oil of cinnamon

Use thick fresh watermelon rind. Peel all green skin and trim off all pink meat from rind. Cut into desired shape. Cover with cold water. Add 1 bottle slaked lime (Calcium Hydroxide - 0.4 oz.). Mix well. Soak 12 hours. Pour off water. Rinse. Rind should be very firm. Cover with hot water. Boil 15-20 minutes. Rind may be pierced with fork but still firm. Pour off water. Make enough syrup to cover rind. Bring sugar, vinegar, and spices to a boil. Pour hot syrup over rind. Let stand overnight. In morning, drain off syrup, reheat to boiling, and pour back. Do the same on 2nd morning. On third day, heat both rind and syrup to boiling. Pack rind in hot jars. Cover with hot syrup and seal.

Note 1: Cut rind in strips and peel with vegetable peeler.

Note 2: Rind may be kept fresh in plastic bag in refrigerator several days before peeling.

Note 3: After preparing, rind and syrup may stand for days before sealing in jars, if need be.

Sue Graves

## SO-LO

### Low Calorie Recipes for Dieters

#### BEVERAGES

##### DIETER'S PUNCH

1/4 cup Lipton Lo-Calorie Tea Mix	2 cups Water
3 cups unsweetened Orange Juice	1/2 cup Lemon Juice
1/4 cup Plum Wine or Grenadine	1 cup unsweetened Pine- apple Juice
	1 28 ounce bottle Diet Gingerale

Mix-pour over ice and serve. Makes about 20 1/2 cup servings.

##### FRESH LEMONADE

2/3 cup Lemon Juice	3 1/3 cups Water
Artificial sweetener to equal	1/2 cup Sugar

Mix all ingredients. Chill and serve with ice.  
Makes 4 cups. 12 calories per cup.

##### HOT SPICED TEA

4 cups Water	1 long strip Lemon peel
1 Cinnamon Stick	4"
1 long strip Orange peel	2 whole Cloves
Dash of Nutmeg	3 or 4 Tea bags, as desired

Combine all ingredients, but the tea, in saucepan.  
Simmer 5-10 minutes. Add tea. Let steep to taste.  
Serve hot or chill for iced tea.

## SOUPS

### JELLIED TOMATO BOUILLION

1 1/4 cup hot Water	1 env. Lemon gelatin
1/4 cup Minced Celery	(dietetic)
2 tablespoons Lemon Juice	1 1/2 cup Seasoned
2 teaspoons Sour Cream	Tomato Juice

Dissolve gelatin in hot water, add all other ingredients except sour cream. Chill until firm. Spoon into soup cups. Top with 1/2 teaspoon sour cream. 30 calories per serving. Serves 4.

### LOW CALORIE ONION SOUP

Boil thinly sliced yellow onions until soft. Add to canned chicken broth and canned beef broth, half and half. Sprinkle with Parmesan cheese as served.

### PEEL-POUND-SOUP

1 head Cabbage	6 large Onions
1 bunch Celery	1 big Green Pepper
1 can whole Tomatoes	1 can Tomato Soup
4 Beef Bouillion Cubes	

Cut all vegetables into medium sized pieces, cover them over with water and let it come to a full boil. After it has boiled for ten minutes, lower heat and let this soup simmer for 2 1/2 or 3 hours. This soup is not intended to nourish you, in fact if you ate nothing but this soup you would soon starve to death: It will give you no nourishment and no fat to your body. (contd.)

## SOUPS (contd.)

That is why it is used. It will, however, give you a full feeling. You may, when eating this soup, sprinkle it with Parmesan cheese or, during cooking, you may add one envelope of onion soup mix. Just to give it more flavor. This soup can be eaten between meals, as often as you wish because it takes more calories to digest these vegetables than they give your body in caloric value. So the more you eat of the Peel-Pound-Soup, the more you loose!

May be stored for several days in refrigerator.

### "SLIM" VEGETABLE SOUP

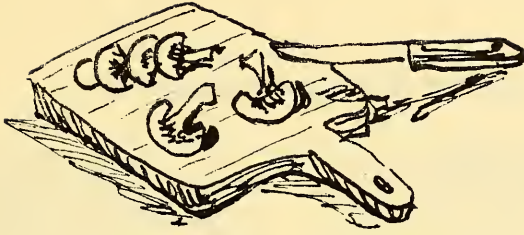
4 cups Water	4 teaspoons Instant Beef
4 cups Tomato Juice	Bouillion Crystals
1/2 cup Chopped Onions	1 teaspoon Worcestershire
1 Bell Pepper, chopped	1/2 teaspoon Salt & dash
4 medium Yellow Squash,	of Pepper
diced	1/4 teaspoon Celery Salt
1-8 ounce can Mushroom	1/4 teaspoon Oregano
bits & pieces	1 clove Garlic, mashed

Combine ingredients & let simmer for about an hour. Serves 4. 95 calories per serving.

Saccharin: 1/4 grain = 1 teaspoon sugar

Sucaryl: 1 tablet = 1 teaspoon sugar

## MAIN DISHES



### BARBECUED CHICKEN

- |  |  |
|--|--|
| 2-1 1/2 pound Broiling<br>Chicken, split | 2 teaspoons Vegesalt<br>1 cup Tomato Juice |
| 4 teaspoons Worcestershire<br>Sauce      | 1/2 teaspoon Dry Mustard<br>2 Bay Leaves   |
| 2 cloves Garlic, finely<br>chopped       | 1/2 cup Vinegar<br>1/2 teaspoon Paprika    |
| 1 cup water or Wine                      | 1/4 teaspoon Cayenne                       |
| 2 grains Saccharin                       |  |

Mix all ingredients but chicken. Cook for 10 minutes. Place chicken on broiling rack breast side down. Spoon some sauce over. Broil for 10 minutes, turn. Baste with sauce. Continue to cook for about 45 minutes or until chicken is tender. Broil out-of-doors over charcoal. Baste frequently. Serves 4.

### BAKED PORK CHOPS MARIE

- |                             |                                |
|-----------------------------|--------------------------------|
| 4 large Pork Chops (1 1/2") | 1 can Cream of Chicken<br>Soup |
| 3 tablespoons Ketchup       |                                |
| 1 tablespoon Lea & Perrins  | 1 onion                        |

Trim all visible fat from chops. Brown in non-stick pan. Put in casserole, slice onion on top of chops. Mix soup, ketchup & Worcestershire. Pour over meat. Bake, covered at 350° for 1 1/2 hours. Serve with rice or noodles.

(contd.)

## MAIN DISHES (contd.)

### CHICKEN SALAD WITH DILL WEED

Combine in a bowl.

4 cups cubed Turkey or Chicken - white meat	2 cups diced Cucumber 1 cup drained canned Pineapple Chunks in own juice
--	---

Mix and pour over Chicken:

2 teaspoons Dill Weed	1 teaspoon Salt
1 tablespoon Lemon Juice	2/3 cup imitation May- onnaise

Mix well, cover tightly, and refrigerate at least  
3 hours or more. Serves 6-8.

Mrs. Tom Archie

### MEAT LOAF

*This is a meat loaf low in fat content.*

1 Egg, beaten	1 pound ground lean beef
4 Saltine Crackers, broken in pieces	1 teaspoon Salt
1/4 cup Skim Milk	1/4 teaspoon Pepper

Beat egg, add meat, crackers, seasoning and milk;  
Mix thoroughly. Form into loaf. Bake in 350-400°  
(moderate) oven for 1 hour.

Mrs. R. L. Smith

### ORANGE TUNA SALAD

1 6 1/2 Water packed Tuna, drained	2 Oranges sectioned, seeded, and cut in chunks
1/4 cup imitation Mayonnaise	
1/2 cup Cottage Cheese (low fat)	1/2 teaspoon Curry Pow- der
1/2 teaspoon Lemon Juice	

Mix all. Add salt if you must. Cover and refrigerate.

Mrs. Tom Archie



## MAIN DISHES (contd.)

### PEPPER STEAK

1 pound Round Steak	1 medium Onion sliced
1/2" thick	1 medium Green Pepper
1 3/4 ounce pkg. Ajus	sliced
Gravy Mix	3/4 cup Water
4 teaspoons Soy Sauce	1/2 teaspoon Ground Ginger

Cut meat in half, lengthwise, then crosswise in thin strips. Spray skillet with Pam. Cook meat, onions and pepper over low heat until meat is brown. Mix other ingredients, pour over meat. Cook 5 minutes stirring constantly. Serve with hot rice and Broccoli spears.

serves four

### QUICKIE CHICKEN

2 whole Chicken Breasts	1/4 cup sliced Mushrooms
halved	1 tablespoon thinly sliced
1/2 cup White Wine (dry)	Scallions
1 cup Chicken Consomme	1 tablespoon chopped Parsley
(use bouillon cubes)	1 small can Tomato Sauce

Skin chicken-saute' in Teflon skillet until lightly browned. Remove-add mushrooms and scallions. Saute' 1 minute-add wine, cook 1 minute more. Add consomme' with parsley & tomato sauce. Add chicken and simmer until slightly thickened. Cover and place in 350° oven for 10 minutes. This is a quick dinner-takes about 20 minutes to prepare.

serves 4.



Use slivered orange and lemon peel to season stews and other meat dishes.

## MAIN DISHES (contd.)

### SWISS CHICK

8 pieces Chicken skinned	1 tablespoon Parsley
1 cup chopped Onions	1 tablespoon Lemon Juice
1 pint fresh Mushrooms	1 teaspoon Paprika
sliced	1 can Golden Mushroom
Salt & Pepper to taste	Soup
1/2 - 3/4 cup White Wine	

Brown chicken in Pam. Place in sprayed casserole. Saute' onions & mushrooms in Pam. Put over chicken. Combine remaining ingredients. Bring to boil. Pour sauce over chicken. Bake covered at 350° for 1 1/2 hours. If all chicken breasts, will serve 8 Other pieces, will serve 4-6.

### ZUCCHINI LASAGNA

1 1/2 pound lean ground beef	2 medium Onions chopped
1 8 ounce can Tomato Sauce	1 16 ounce can Tomatoes
1/8 teaspoon Garlic Powder	1 6 ounce can Tomato Paste
3 tablespoons Parsley Flakes	1 teaspoon Oregano
2 Eggs	1 12 ounce cup Low-Fat Cottage Cheese
4 medium Zucchini steamed until just tender and sliced thick	3/4-1 pound Mozzarella Cheese
	1/4 cup Parmesan Cheese

Being careful not let meat stick, brown meat, onions, tomatoes, paste, sauce and spices. Simmer 10-20 minutes. Beat eggs and mix with cottage cheese and parsley. Spread a little meat sauce in the bottom of a 2-quart container. Layer zucchini slices, meat sauce, cottage cheese mixture and mozzarella cheese. Repeat layers, ending with meat sauce. Top with parmesan cheese. Bake at 350° for 20-30 minutes. Serves 8.

## VEGETABLES

### MARINATED BEETS

1 can whole Baby Beets or    1/2 cup Red Wine Vinegar  
2 cups fresh Beets, cooked   1 piece fresh Dill or  
1 small Onion, peeled        a sprinkle of Dill Weed  
1/2 grain Saccharin

Dissolve saccharin in vinegar. Add all other ingredients. Refrigerate as long as desired. May be heated and served as a hot vegetable.

### LOW-CALC-SESAME SEED BROCCOLI

2 pkgs. frozen Broccoli       1 tablespoon Salad Oil  
2 tablespoons Vinegar        2 tablespoons Soy Sauce  
1 tablespoon Honey           2 tablespoons Toasted  
                                     Sesame Seeds

Cook broccoli until just tender. Combine rest of ingredients. Heat to boiling, and pour over broccoli. Serve immediately or can be refrigerated and served cold.

Mrs. Tom Archie

### CABBAGE WITH APPLE

2 cups shredded Cabbage       1 small Apple, peeled,  
1/4 cup Vinegar                cored & diced  
1/4 cup hot Water              1/4 teaspoons Salt  
Artificial sweetener to equal 2 tablespoons sugar

Combine all ingredients. Cook, tightly covered, over medium heat until tender crisp.

## VEGETABLES (contd.)

### CAULIFLOWER - NO SALT

1 small head Cauliflower	2 tablespoons Lemon Juice
or	1/4 teaspoons Majoram
1 pkg. frozen Cauliflower	Paprika

Put cauliflower in saucepan with a little water. Add lemon juice and marjoram. Cook until tender-about 10 minutes. Drain-sprinkle with paprika.

### MOCK SWEET-POTATO CASSEROLE

2 medium Butternut Squash	Artificial Sweetener to
cooked	equal 6 tablespoons sugar
1/4 cup Dietetic Orange	Brown Sugar substitute to
Marmalade	equal 2 tablespoons brown
1 teaspoon Cinnamon	sugar

Scoop out squash pulp and mash, add all other ingredients. Stir until well blended. Pour into casserole sprayed with Pam. Bake at 350° for 30 minutes. To cook Butternut Squash: cut in half - remove seeds. Place cut side down in baking pan. Add about 1/2 inch of water. Bake at 350° until tender - about 45 minutes.

### SPINACH PUFF

1 10 ounce frozen pkg.	1/2 cup Skim Milk
chopped, Spinach, thawed	1 1/2 teaspoon All-
1/8 teaspoon Pepper	Purpose Flour
1/4 cup grated Parmesan	4 Egg Whites
Cheese	

Stir together thawed spinach, milk, flour, pepper & cheese. Beat egg whites until stiff peaks form. Fold whites through spinach mixture carefully. Pour into an 8" square non-stick pan. Bake at 350° for 30 minutes or until lightly browned.

## VEGETABLES (contd.)

### STUFFED ACORN SQUASH

- |  |                                      |
|--|--------------------------------------|
| 2 Acorn Squash                             | 2 Carrots, grated                    |
| 1 8 ounce can Pineapple<br>crushed (juice) | 2 tablespoons dried<br>White Raisins |
| 1/4 teaspoons ground Ginger                |                                      |

Cut squash in half - scoop out seeds. Place squash in baking pan. Combine grated carrots, pineapples, raisins & ginger. Fill squash cavities with mixture - Bake at 350° for 30 minutes or until squash is tender.

### STUFFED ZUCCHINI

- |                            |                              |
|----------------------------|------------------------------|
| 3 large Zucchini           | 1 Onion thinly sliced        |
| 1 Green Pepper, diced      | 1 clove Garlic, minced       |
| 1 cup Tomato Juice         | 1 teaspoon Oregano           |
| 2 tablespoons Bread Crumbs | 1/2 cup chopped fresh tomato |

Cut zucchini in half lengthwise. Scoop out pulp leaving 1/4" thick shells. Save shells for stuffing. Dice scooped out pulp - add to onion, pepper, garlic, tomatoes and 1/4 cup tomato juice and oregano. Cook until vegetables are limp. Fill shells with cooked mixture and arrange in baking dish. Pour remaining tomato juice around zucchini. Sprinkle bread crumbs on top of stuffing. Bake at 350° for 30 minutes or until shells are tender.

### YELLOW SQUASH

Cook or steam whole squash until just tender, then split and sprinkle with onion powder and Sauer's Lemon-Pepper seasoning. Put in oven to heat.

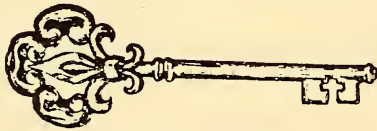
If no salt is allowed, split and cover with coarsely grated lemon peel and chopped pimento. Onion powder or a little cooked, chopped onion may be used.

## VEGETABLES (contd.)

### ZUCCHINI PARMESAN

3 cups sliced Zucchini      2 tablespoons Butter  
1/4 teaspoon Celery Salt      dash white pepper  
2 tablespoons grated Parmesan Cheese

Pre-heat oven to 350°. Melt butter in casserole, add celery salt & pepper. Stir in zucchini. Sprinkle 1 tablespoon water over vegetables. Cover with foil. Bake 20-25 minutes stirring half-way through. When done sprinkle with cheese. Let stand for 2 minutes.



### STOCK--BEEF OR CHICKEN

Stock may be made from bouillon cubes, or beef or chicken concentrate. If you add extra cubes to heighten the flavor, use less salt in the recipe. To make an EASY CHICKEN STOCK, add 1 tablespoon each of chicken concentrate, instant onion, dried celery leaves, to a 1-quart can of chicken broth. Simmer 20 minutes. This is salty--do not add salt to the recipe without testing first.



## SALADS

*Be present at our table, Lord,  
Be here and everywhere adored.  
Thy creatures bless, and grant that we  
May feast in Paradise with Thee.*

### CONGEALED FRUIT SALAD

1 env. Knox Gelatin	1 1/2 cup Dietetic
2 tablespoons cold Water	Gingerale
1 tablespoon Lemon Juice	1/4 cup boiling water
1 tablespoon grated Orange or Lemon Peel	2 cups fresh or canned Mixed Fruit (no pineapple)

Soften gelatin in cold water. Dissolve in boiling water. Cool. Add gingerale, lemon juice and the peel. A small amount of artificial sweetener may be added if a sweeter salad is desired. As it begins to thicken, fold in fruit. Put in individual molds or ring. Refrigerate overnight. Serve with whipped cottage cheese and grated orange rind for dressing.

### FRESH FRUIT SALAD

1 large Orange segmented and cut into chunks	1 Bananna cut into bite size pieces
1 large red eating Apple cored, thinly sliced	

Toss together in medium bowl. Serve with Creamy Dressing.

#### *Dressing*

*In blender at high speed blend:*

1/4 cup Orange Juice	1/2 cup Low Fat Cottage
1 1/2 teaspoon Lemon Juice	Cheese
Artificial sweetener to equal 1 teaspoon sugar	1/8 teaspoon Salt

## SALADS (contd.)

### HOT JELLY

1 cup water	2 teaspoons Tabasco sauce
1 1/2 teaspoons Gelatin	1/3 cup Lemon Juice
Artificial sweetener	Red food coloring

Soften gelatin in Tabasco sauce, dissolve in boiling water. Cool and add lemon juice, sweetener to taste and food coloring. Pour into shallow pan to set. Cut in small cubes and mix with salad greens. Nice to serve when beef is the entree.

### JELLIED SPRING SALAD

1 pkg. featherweight Lime Gelatin	1 1/2 cups hot water
1 cup finely shredded Cabbage	2 tablespoons Vinegar
1/2 cup finely shredded Cucumber	1 cup finely chopped Celery
	1/4 cup chopped Pimento

Dissolve gelatin in hot water. Cool. Add vinegar and rest of ingredients. When it begins to congeal, pour into mold. Refrigerate until set.

### MOLDED CUCUMBER SALAD

1 env. unflavored Gelatin	1/2 cup cold water
1 tablespoon grated Onion	1 1/2 cups grated Cucumber (coarse)
2 tablespoons Vinegar	
1 tablespoon prepared Horse- radish	

Dissolve gelatin in cold water. Melt over hot water. Add rest of ingredients. Pour into individual molds. Refrigerate until set. Unmold on salad greens - preferably Boston or Bibb lettuce.

## SALADS (contd.)

### PINEAPPLE-COTTAGE CHEESE SALAD

1 env. Knox Gelatin	1/4 cup cold water
2 cups unsweetened Pine- apple Juice	1 cup diced unsweetened Pineapple
2 tablespoons Lemon Juice	1/2 cup Low Fat Cottage Cheese
2 tablespoons grated Carrot	

Soften gelatin in cold water. Melt over hot water add pineapple juice. When it begins to set, add rest of ingredients. Pour into ring mold. Refrigerate until firm. Unmold, fill center with celery, sliced radishes and carrot curls. Serve with yogurt dressing, sprinkle with poppy seeds.

### V-8 ASPIC

1 env. plain Gelatin soaked in 1/4 cup cold water	1 1/2 cup V-8 juice heated to boiling point
1 tablespoon each of Lemon Juice & grated onion	1/4 tablespoon salt & a few drops of tabasco

Dissolve the soaked gelatin in the hot V-8 juice. Add seasoning & blend. Pour into molds - serves 4 35 calories per serving.

*God is great and God is good  
And we thank Him for this food.*

## DRESSINGS

### CREAMY DRESSING FOR FRUIT SALAD

1/4 cup Orange Juice	1/2 cup Low Fat
1 1/2 teaspoon Lemon Juice	Cottage Cheese
1 teaspoon Artificial sweetener	1/8 teaspoon Salt

Put all ingredients in blender - Blend at high speed.

### CREAMY ITALIAN

1 pkg. Low Calorie Good Seasons Italian Mix	1/4 cup Vinegar
2/3 cup Water	2 tablespoons Water

Follow directions on package

Add:

1/2 cup Low Fat Cottage Cheese

Put all ingredients in blender and blend until smooth - makes about 1 3/4 cup. Serve on hearts of lettuce - or any green salad.

### CELERY SEED DRESSING

1 tablespoon Cornstarch	1 teaspoon Paprika
1 teaspoon Celery Seed	1/2 teaspoon Onion Powder
1/2 teaspoon Dry Mustard	1/4 teaspoon Salt
1 tablespoon Sprinkle Sweet	1/4 cup Vinegar
1 cup water	

Mix everything but sugar substitute in saucepan. Bring to boil, stirring constantly, until mixture thickens and becomes clear. Remove from heat-add sugar chill in refrigerator-stir well with fork before using.

## DRESSINGS (contd.)

### FRENCH DRESSING

3/4 cup water	1/2 cup Vinegar
1/2 cup Heinz Tomato Ketchup	1/2 teaspoon Onion Powder
1/2 teaspoon salt	6 grains Saccharin
1/2 teaspoon Minced Garlic	1/2 teaspoon Paprika
2 tablespoons Lemon Juice	1/2 tablespoon Lea & Perrins

Makes 1 pint - Dissolve saccharin in vinegar, then add rest of ingredients - mix well - Pour into container and refrigerate.

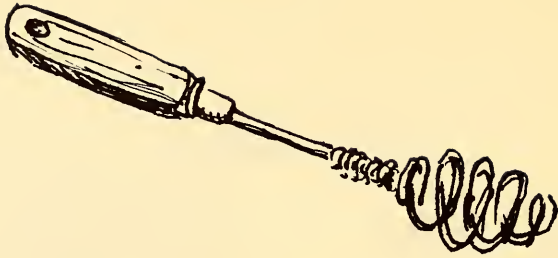
### YOGURT SALAD DRESSING

1 cup plain Yogurt (lo-fat)	1 teaspoon Lemon Juice
3 teaspoons Prepared Mustard	1 teaspoon Onion Salt
1/2 teaspoon Sweet-10	dash Lea & Perrins
1 teaspoon Tarragon Vinegar	

Combine all ingredients and mix well. Cover, store in refrigerator. Serve with tossed green, potato or chicken salad.

Mrs. Velma Ballard

## SAUCES



### BARBECUE SAUCE

- |   |   |
|---|---|
| 1 cup Tomato Juice                        | 3/4 teaspoon dry mustard                |
| 1 env. Powdered Mix for<br>Chicken Broth  | 1 teaspoon dry Onion Flakes             |
| 3 tablespoons Lemon Juice<br>or Vinegar - | 1/2 teaspoon Paprika                    |
| 1 clove garlic                            | dash Pepper                             |
| 2 tablespoons Worcester-<br>shire Sauce   | dash Cayenne                            |
|   | 1/2 env. Granulated Sugar<br>substitute |

Heat all ingredients in saucepan until thickened.  
Use as a baste. May be used freely.

### CUSTARD SAUCE

- |  |                         |
|--|-------------------------|
| 1 env. Lo-Calorie Vanilla<br>Pudding & Pie Mix | 1/4 teaspoon Nutmeg or  |
| 2 1/2 cups Skim Milk                           | 2 teaspoons Rum extract |

Place pudding mix in saucepan. Add 1/4 cup milk - stir until thoroughly blended. Add remaining milk and nutmeg. Cook & stir over medium heat until mixture comes to a boil. Chill. Sauce thickens as it cools. Stir until creamy before serving-serve over fruit, bread pudding etc. 1 tablespoon may be used freely. Makes 2 1/2 cups.



## SAUCES (contd.)

### LEMON SAUCE

<i>1 tablespoon Corn Starch</i>	<i>2 tablespoons Lemon</i>
<i>1 cup boiling water</i>	<i>Juice</i>
<i>2 teaspoons grated Lemon</i>	<i>1/2 teaspoon Sweet-10</i>
<i>Peel</i>	<i>2 drops yellow food color</i>

Dissolve corn starch in a little cold water. Add hot water and cook, stirring constantly, until clear. Cool and add lemon juice, lemon peel and sweetener. Serve over poached or baked pears. Try over Snow Pudding Mold.

### RHUBARB SAUCE

<i>2 cups Rhubarb cut into</i>	<i>1/2 cup water</i>
<i>1" pieces</i>	<i>Sweetener equal to 1/4</i>
	<i>cup sugar or to taste</i>

Cook rhubarb in water about 10 minutes or until tender. Remove from heat and add sweetener - serve warm or chilled. serves 4.

### RUM SAUCE

<i>2 tablespoons Corn Starch</i>	<i>1/4 cup Sprinkle Sweet</i>
<i>1/8 teaspoon salt</i>	<i>1 cup water</i>
<i>1 tablespoon Rum</i>	

Combine corn starch, sprinkle sweet and salt. Blend in water. Cook over low heat, stirring constantly, until sauce is thick and clear. Remove from heat add rum.

SAUCES (contd.)

SEAFOOD COCKTAIL SAUCE

1 cup Tomato Juice	1 teaspoon Lea & Perrins
2 teaspoons prepared Horse- radish	1 teaspoon salt
2 teaspoons lemon juice	1 teaspoon finely chopped Parsley

Cook tomato juice down to 1/2 its volume. Mix in rest of the ingredients. Chill. Serve with shrimp or other cooked seafood. Increase recipe as desired. May be used freely by diabetics.

*Every house where love abides, and  
Friendship is a guest,  
Is surely home, and home sweet home  
Is where the heart can rest.*

## DESSERTS



### FROZEN DESSERT SHELLS

1 env. Dream Whip                      1/2 cup Skim Milk  
1/2 teaspoon Vanilla

Combine Dream Whip, milk and vanilla - prepare as directed on package. Drop mixture onto wax paper, about 1/4 cup at a time. With spoon make a depression in top of each mound. Freeze until firm-2-3 hours. Fill shells just before serving.

### BANANA COUPE

4 Bananas                                  2 tablespoons sugar  
4 tablespoons Orange Juice      2 tablespoons kirsch

Peel and cut bananas 1/2" thick and place in shallow dish. Sprinkle with sugar and orange juice. Cover tightly with saran wrap and let stand in refrigerator at least 1/2 hour. Before serving, sprinkle with kirsch. Serve in sherbert glasses. serves 4

Mrs. Tom Archie

### CHEESE CAKE

1 env. Knox Gelatin                      3/4 cup boiling water  
2 cups Low Fat Cottage                  1/4 cup cold water  
    Cheese                                  6 grains Saccharin  
1 teaspoon vanilla

Dissolve gelatin in boiling water. Add saccharin-stir until both have melted.

(contd.)

## DESSERTS (contd.)

Put 1/4 cup cold water in blender. Add the 2 cups Cottage Cheese slowly-blending until smooth. Add gelatin mixture and vanilla. Stir well. Pour into prepared crust. Refrigerate until set. 1/8 cheese cake recipe 43 calories - with cereal crust 69.

serves 8.

### PEACH CRISP

6 fresh Peaches	Topping
1 1/2 tablespoon Corn	1/2 cup Quick Oats
Starch	2 tablespoons chopped
Sweetener equal to 1/4	Walnuts
cup sugar	1 tablespoon melted
1/4 teaspoon Lemon Juice	Margarine

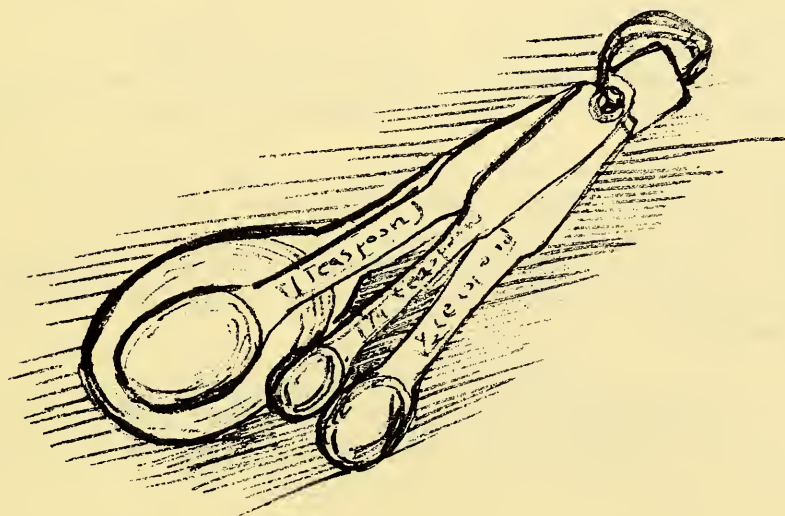
Peel peaches and slice into small saucepan. Add about 2 tablespoons water. Cover tightly and cook over low heat for about 10 minutes. Drain and reserve juice. Measure juice - add water to make 3/4 cup. Combine corn starch with a little juice in saucepan. Add remaining juice and sweetener. Cook over moderate heat, stirring constantly until thickened and clear. Remove from heat - add peaches & lemon juice. Spread in 8" pan. Preheat oven to 375° Mix Oats and walnuts in small bowl. Add melted margarine. Mix well with fork. It will be crumbly. Sprinkle topping over fruit. Bake for 20 minutes or until topping is browned. Serve warm or chilled. serves 4-6.

## DESSERTS (contd.)

### PINEAPPLE SNOW

1 env. Gelatin	1/2 cup water
2 tablespoons Sugar	1 1/2 cup unsweetened
1/8 teaspoon salt	Pineapple Juice
2 egg whites	

In saucepan combine gelatin, sugar, salt. Add water. Place over low heat-stir constantly until gelatin is dissolved. Remove from heat. Stir in pineapple juice. Chill until it begins to thicken. Add egg whites and beat with electric beater until mixture begins to hold its shape. Spoon into dessert dishes. Chill until firm. Serve plain or with soft custard sauce.



## DESSERTS (contd.)

### SNOW PUDDING MOLD

2 tablespoons plain Gelatin	1/4 cup cold water
1/2 cup Lemon Juice	2 1/2 cups boiling water
Artificial sweetener	2 teaspoons grated Lemon Peel
6 egg whites	

Soften gelatin in cold water. Add boiling water & stir until gelatin is completely dissolved. Cool. Add lemon juice and grated peel. Add sweetener to taste. When mixture begins to thicken, fold in stiffly beaten egg whites. Pour into 2 quart ring mold. Refrigerate until firm. Unmold and fill center with fruit. \*Try custard sauce.

### WINE JELLY

1 env. Knox Gelatin	3/4 cup Orange juice
1 tablespoon Lemon juice	1/2 cup Port Wine
1/3 cup Orange juice	Grated rind of Orange
1/2 cup hot water	Sugar substitute

Soften gelatin in lemon juice & 1/3 cup orange juice. Dissolve in hot water. When cold, add 3/4 orange juice and wine, grated orange rind and sweeten to taste. When set, spoon into parfait glasses, sherbert or individual serving dishes-garnish with fresh fruit, if desired.



## MISCELLANEOUS (contd.)

### RAISIN BRAN SNACK CAKES

1 cup All-Bran Cereal	3/4 cup Buttermilk
1/2 teaspoon Baking Soda	1/2 teaspoon Baking Powder
3 tablespoons Sprinkle	1 egg, lightly beaten
Sweet	1 tablespoon Golden Raisins

Mix Bran and buttermilk. Stir in remaining ingredients (will be quite liquid). Spoon into 9 non-stick muffin tins which have been sprayed with Pam. Bake in pre-heated oven at 350° for 25-30 minutes. Yield: 9 cakes 35 calories each.

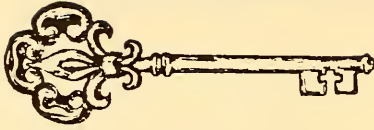
### WHIPPED TOPPING

1/4 cup Non-fat Dry Milk	1/4 cup very cold water
1 tablespoon lemon juice	2-3 teaspoons Sprinkle
	Sweet

Combine milk and water. Beat until soft peaks form. Add lemon juice and beat until stiff. Beat in sweetener. 4-6 servings.

*"To 'love and honor' are okay  
And one might promise to obey  
But what makes wives turn slowly gray  
Is what to cook each blessed day!"*

## MISCELLANEOUS



*Greaseless Griddle Cakes:* When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

### CABBAGE OMELET

2 egg whites	1 teaspoon Parmesan Cheese
salt & pepper to taste	1 drop yellow food color
1/2 cup cooked Cabbage	
shredded or chopped	

Beat egg whites until stiff peaks form. Fold in well drained cabbage, seasonings, if desired, and cheese. Pour into an omelet pan lightly sprayed with Pam. Cook on medium heat until underside browns. Flip over and cook until done.

### CEREAL PIE CRUST

1 1/4 cup Special K cereal	2 tablespoons margarine,
2 teaspoons Sprinkle Sweet	melted

Crush cereal, put into small bowl. Add sugar substitute and melted margarine. Mix well. Press into an 8" pie tin, sprayed with Pam. Use as crust for cheese cake.

### LOW CALORIE PIE CRUST

1/2 cup sifted All Purpose Flour	1/4 teaspoon salt
	1/4 teaspoon baking powder
1/4 cup Diet Mazola at room temperature	

Combine flour, salt, baking powder in small bowl. Cut in margarine with pastry blender until no pastry adheres to bowl. Form into ball, wrap, refrigerate to chill at least 1 hour. Roll chilled dough between 2 sheets of wax paper to fit 8" pie tin.

(contd.)

## MISCELLANEOUS (contd.)

(crust will be thin) Place dough on cookie sheet, refrigerate 30 minutes. Peel off 1 sheet wax paper invert dough into pie tin. Remove remaining sheet of wax paper. Fold edge under and flute. If pre-baking heat oven to 425° and bake about 12 minutes or until golden. For low sodium diet: Omit salt & baking powder. Use unsalted margarine.

### FRENCH TOAST

1 egg white	1 tablespoon Skim Milk
1 teaspoon sugar (Sprinkle Sweet)	2 drops yellow food color

Beat all ingredients with rotary beater. Soak bread in mixture. Cook on lightly oiled griddle, low heat, turning often to brown evenly. I use a flat silver-stone lined pan, lightly sprayed with Pam. This recipe will make 1 1/2 slices of toast. Very acceptable. Total calories depend on type of bread used. I use a diet bread which adds 40 calories per slice.

### MOCK SOUR CREAM

2 tablespoons lemon juice	1 cup Cottage Cheese
1/4 cup Skim Milk	(low Fat)
Pinch of salt	

Put lemon juice and milk in blender. Add cottage cheese and salt. Blend until smooth. If mixture thickens on standing, then with a little additional milk.

## COOKING TERMS

**AU JUS:** With natural gravy.

**ASPIC:** This denotes a savory jelly made from stock or from tomato juice with gelatin.

**AU GRATIN:** Means covered with cheese or crumbs or both and baked.

**BASTE:** To moisten food while baking with juices from pan or other liquid or fat.

**BAKE UNTIL TENDER:** Until a fork or skewer can easily be inserted.

**BLEND:** To mix well.

**BISQUE:** A white soup made of shell fish.

**BOUILLON:** A clear soup stronger than broth, yet not so strong as consomme, which is clear soup.

**CAFE AU LAIT:** Equal parts of coffee and milk.

**CANAPE:** Small open appetizer, served as first course.

**CHARLOTTE:** A pudding made of bread or cake covered with fruit or gelatin.

**CHILL:** To place food in the refrigerator until cold, not frozen.

**CREAM:** To mix shortening in bowl until it is soft and light.

**CROQUETTES:** A savory mince of meat or fish made with a sauce into shapes.

**CUT AND FOLD:** To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

**ENTREE:** A light dish served between courses at dinner.

**FONDUE:** A light preparation of cheese and eggs.

**FRAPPE:** partly frozen.

**FRICASSEE:** A dish of any boiled meat served in a rich milk sauce.

**GLAZE OR GLACE:** Iced or glossed over. Meats are glazed by covering with concentrated stocks or jellies. Fruits may be frozen or covered with a shiny film of hardened sugar syrup.

**HORS D'OEUVRES:** Appetizing side dishes such as olives, radishes, celery and pickles.

**JULIENNE:** Cut in fine strips or strings.

**KNEAD:** To place dough on a flat surface and work it, pressing down with knuckles, then fold over, repeating several times.

**MARINATE:** To allow fruits or vegetables to stand in dressing or syrup to improve flavor.

**PIQUANT:** A sharp sauce.

**PUREE:** Food boiled to a pulp and put through a sieve.

**SAUTE:** To cook gently in a small amount of fat.

**SCALD:** To heat milk product until scum forms over top (196 degrees F. — not boiling).

## WEIGHTS AND MEASURES

3 teaspoons .....	1 tablespoon
2 tablespoons .....	1 liquid ounce
4 tablespoons .....	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tablespoons .....	$\frac{1}{3}$ cup
16 tablespoons .....	1 cup
1 cup .....	8 ounces
2 cups .....	1 pint
4 cups .....	1 quart
8 quarts .....	1 peck
4 pecks .....	1 bushel
2 tablespoons fat .....	1 ounce
$\frac{1}{2}$ lb. butter or fat.....	1 cup
1 lb. water or milk.....	1 pint
1 lb. granulated sugar .....	2 cups
1 lb. brown sugar .....	3 cups
1 lb. confectioners sugar .....	$3\frac{1}{2}$ cups
1 lb. flour .....	about 4 cups
1 lb. rice .....	2 cups
1 lb. pitted dates .....	2 cups
1 lb. cheese .....	5 cups, grated
1 sq. bitter chocolate .....	1 ounce
1 package cream cheese .....	3 ounces or 6 tablespoons
1 c. chopped nutmeats .....	$\frac{1}{4}$ pound
16 marshmallows .....	$\frac{1}{4}$ pound
1 cup egg whites.....	8 - 12 egg whites
$\frac{1}{2}$ pint heavy cream .....	1 cup, whipped
No. 1 can .....	$1\frac{1}{2}$ - 2 cups
No. 2 can .....	$2\frac{1}{4}$ - $2\frac{1}{2}$ cups
No. $2\frac{1}{2}$ can .....	$3\frac{1}{4}$ - $3\frac{1}{2}$ cups
No. 3 can .....	4 cups
No. 10 can .....	12 - 13 cups

# INDEX

BEVERAGES	Page
Apricot Brandy .....	11
Artillery Punch .....	10
Bloody Mary Mix .....	11
Coffee Punch .....	11
East Carolina Egg Nog .....	12
Frosty Sours .....	12
Instant Russian Tea .....	12
Mary Long's Punch .....	13
Mint Julep .....	13
Miss Willie's Raisin Wine .....	14
Mulled Cider .....	13
Old Fashion Cocktail .....	14
Pink Champagne Punch .....	15
Rum Punch .....	14
Russian Tea .....	15
St. Nick's Punch .....	15
Sassafrass Tea .....	17
Sunshine Punch .....	16
Syllabub .....	17
Tomato Freeze .....	16
Warm Wonderful Punch .....	16
Yaupon Tea .....	17

## APPETIZERS

Artichoke Dip .....	18
Bacon-Wrapped Water Chestnuts .....	22
Braunschweiger Mold .....	18
Cheese Bacon Crackers .....	19
Cheese Biscuits .....	19
Cheese Brambles .....	19
Cheese Clouds .....	20
Cheese Puffs .....	20
Cheese Roll .....	21
Cheese Straws .....	20
Chicken Cream Puffs .....	23
Clam Dip .....	24
Crab Dip .....	24
Crab Mold .....	24
Cucumber Dip .....	31
Curried Peanuts .....	22



# INDEX

APPETIZERS	PAGE
Curry Dip .....	31
De Luxe Salted Peanuts .....	27
Dip for Vegetables .....	31
Drunk Chicken .....	32
Fiesta Party Enchiladas .....	22
Fresh Mushroom Paté .....	32
Ham Mousse .....	33
Hot Seafood Dip .....	32
Meat Balls in Burgundy Sauce .....	25
Meat Balls with Water Chestnuts .....	33
Mexican Pie .....	21
Mushrooms, Marinated .....	30
Mushrooms, Stuffed .....	30
Oyster Appetizer .....	28
Paté of Chicken Livers .....	30
Pickled Oysters .....	27
Pickled Oysters Blount .....	26
Pickled Shrimp .....	29
Pizza Canapes .....	25
Seafood Antipasto .....	28
Shrimp Dip .....	29
Shrimp or Crab Spread .....	33
Shrimp Remoulade .....	23

## SOUPS

Auction Bean Soup .....	34
Barbie's Fish Course Soup .....	48
Beef and Vegetable Soup .....	35
Charleston She-Crab Soup .....	40
Chicken Corn Chowder .....	39
Chicken Gumbo .....	38
Clam Chowder, Manhattan .....	37
Clam Chowder, Millie Winfield .....	36
Clam Chowder, Quick .....	37
Clam Chowder, Sadie Fowle .....	36
Corn Soup with Danish Meat Balls .....	39
Cream of Avocado Soup .....	45
Creole Soup .....	40
Cucumber Soup .....	45

# INDEX

SOUPS	PAGE
Gazpacho .....	46
Hearty Corn Chowder .....	37
Lamb and Barley Soup .....	41
Lentil Soup .....	44
Meat Ball Soup .....	41
Mushroom and Onion Soup .....	42
Onion Soup .....	42
Oyster Bisque .....	43
Oyster Stew .....	49
Peanut Bouillon Picker-Upper .....	48
"Pot Likker" .....	35
Seafood Chowder .....	43
Shrimp Soup, Cold .....	48
Shrimp Soup, Quick .....	49
Smaffle's Mousse .....	46
Split Pea and Ham Soup .....	44
Sweet Potato Soup .....	38
Turnip Soup .....	44
Vichysoisse .....	47
Zucchini Bisque, Chilled.....	47

## SALADS

Asparagus Salad .....	50
Asparagus Salad, Creamy .....	51
Avocado Salad .....	51
Avocado and Pineapple Salad .....	52
Bean Salad .....	52
Beet Salad .....	52
Bloody Mary Aspic .....	55
Blueberry Salad.....	55
Broccoli Bavarian .....	53
Chicken Mousse #1 .....	57
Chicken Mousse #2 .....	58
Chicken Salad .....	53
Chicken Salad, Tar Heel .....	54
Chinese Slaw .....	56
Cole Slaw, Overnight .....	66
Congeaed Vegetable Salad #1 .....	54
Congeaed Vegetable Salad #2 .....	64

# INDEX

SALADS	PAGE
Cranberry Salad .....	59
Cranberry Salad, Jellied .....	60
Cranberry Salad, Raw .....	59
Curry Egg Aspic.....	64
Emily's Frozen Fruit Salad .....	61
Fruit Salad with Dates .....	62
Frozen Mint Salad .....	61
Garden Club Salad .....	61
Grapefruit Salad #1 .....	63
Grapefruit Salad #2 .....	63
Green Pea Salad .....	55
Ham or Chicken Salad .....	57
Hearts of Lettuce .....	64
Lime Jello Salad .....	65
Marinated Vegetable Salad #1 .....	67
Marinated Vegetable Salad #2 .....	67
Peach-Apricot Salad .....	60
Pickled Cabbage Salad .....	56
Pickled Peach Salad .....	69
Potato Salad, Czech .....	62
Potato Salad, Sour Cream .....	66
Raspberry-Applesauce Salad .....	65
Red Cabbage Salad .....	67
Seafoam Salad .....	66
Shrimp and Macaroni Salad .....	68
Taco Bean Salad .....	68
Tomato Aspic, Macy's .....	65
Tomato Aspic #1 .....	69
Tomato Aspic #2 .....	69
Zesty Spinach Salad .....	58

## SALAD DRESSINGS

Aunt Helen's Dressing .....	70
Buttermilk Dressing .....	70
Dressing for Spinach .....	71
EYC Favoriate Dressing .....	70
Happy's French Dressing .....	71
Herbed French Dressing .....	73
Mayonnaise, Food Processor .....	73

# INDEX

## SALAD DRESSINGS

Page

Mayonnaise, Homemade .....	72
Mayonnaise, Peg Bruce's .....	71
Poppy Seed Dressing .....	72
Sweet and Sour Dressing .....	72
Zesty Dressing for Spinach.....	73

## MAIN DISHES

### BEEF

Barbecue Beef Patties .....	89
Beef Burgundy, Easy .....	77
Beef Filets .....	78
Beef Macaroni Casserole .....	90
Beef Stew Casserole .....	79
Beef Stew, Five-Hour .....	93
Beef Stew, French .....	79
Beef Stew, Oriental.....	83
Beef Stroganoff .....	77
Beef Stroganoff, Instant .....	93
Cheeseburger Pie .....	95
Chinese Pepper Steak .....	82
Hamburger Casserole .....	90
Lasagna .....	94
Meat-in-a-Bundle .....	82
Meat Loaf, Easy .....	85
Meat Loaf, Perfect .....	84
Meat Loaf #3 .....	86
Meat Loaf #2 .....	84
Moussaka .....	92
Norwegian Meat Balls .....	89
Pot Roast, Flemish .....	80
Pot Roast, Oriental .....	80
Quadrettini Spinach .....	85
Reuben Casserole .....	95
Rice Meat Balls .....	88
Roast, Chuck .....	76
Roast, Eye of Round .....	76
Roast, Rib Eye .....	76
Roast, Rump .....	76
Roast, Slo-Cook Barbecue Chuck .....	78

# INDEX

MAIN DISHES	PAGE
BEEF	
Roast, Standing Rib .....	76
Saucy Frankfurters .....	83
Sauerbraten .....	86
Seven-Layer Casserole .....	88
Sliced Steak Tidbits .....	81
Spaghetti Italiano .....	93
Spinach and Beef Casserole .....	91
Stuffed Bell Peppers .....	87
Sukiyaki .....	87
Sweet and Sour Beef with Cabbage .....	91
CHEESE AND EGGS	
Breakfast Souffle .....	99
Cheese Strata .....	96
Egg Casserole Entree .....	96
Fettucini .....	100
Jalapeno Pepper Eggs .....	97
Omelet with Herbs .....	97
Poor Man's Cheese Souffle .....	98
Quiche à la Swiss .....	100
Quiche, Asparagus and Mushroom .....	103
Quiche, Cheese and Tomato .....	101
Quiche, Easy Easter .....	104
Quiche, Florentine Rice .....	103
Quiche, Lorraine .....	99
Quiche, Seafood .....	102
Quiche, Shrimp .....	102
Sour Cream Cheddar Cheese Omelet .....	98
Welsh Rarebit .....	104
POULTRY	
Baked Almond Chicken .....	124
Baked Chicken .....	110
BBQ Chicken .....	112
Broiled Chicken Breasts .....	127
Brunswick Stew .....	117
Cheesy Chicken Casserole .....	123
Chicken and Green Noodle Casserole .....	122

# INDEX

## MAIN DISHES

### POULTRY

## PAGE

Chicken and Dressing Casserole .....	124
Chicken and Sausage .....	119
Chicken Breasts Italienne .....	120
Chicken Breasts Madeira .....	115
Chicken Breasts with Vermouth Sauce .....	112
Chicken Cacciatora .....	107
Chicken Cashew Casserole .....	123
Chicken Casserole .....	118
Chicken Casserole .....	123
Chicken Chestnut Souffle .....	121
Chicken Croquettes .....	127
Chicken Divan .....	114
Chicken Enchilada Casserole .....	108
Chicken Fritters .....	114
Chicken Loaf .....	125
Chicken Mushroom Casserole .....	118
Chicken Napoli .....	119
Chicken Romana .....	110
Chicken Rosemary .....	113
Chicken Spaghetti .....	107
Chicken Spaghetti .....	116
Chicken Teriyaki .....	121
Chicken with Tarragon .....	113
Chinese Chicken .....	120
Company Chicken Casserole .....	116
Cordon Bleu Chicken .....	116
Corn Bread Dressing .....	105
Cornish Hens .....	109
Delicious Chicken Casserole .....	117
Dumplings for Stewed Chicken .....	125
East Carolina Oyster Stuffing .....	106
Easy Chicken Casserole .....	118
Easy Paella .....	115
Filipino Chicken .....	110
Hot Chicken Salad .....	125
Jarl's "Golf" B-B-Q Chicken .....	111
Madras Curried Chicken .....	111
Mee Maw's Chicken Tettrazini .....	122
Mother's Chicken Supreme .....	112
Party Baked Chicken .....	109



# INDEX

## MAIN DISHES

### POULTRY

### PAGE

Pressed Chicken .....	106
Roast Long Island Duckling .....	126
Roast Turkey .....	105
South Carolina Chicken "Bog" .....	108

## SEAFOOD

Baked Crab .....	133
Bass Fingers .....	130
Baked Flounder Filet.....	129
Boneless Shad .....	136
Broiled Soft Shell Crabs .....	147
Canton Shrimp .....	140
Cape Henry Scallops .....	139
Casserole Supreme .....	135
Clam Fritters .....	145
Clam Sauce for Spaghetti .....	129
Crab and Cheese .....	131
Crab Cakes .....	130
Crab Filled Buns .....	131
Crab Imperial .....	133
Crab Luscious .....	133
Crab Meat Louis .....	132
Crab Meat Luncheon Dish .....	132
Crab Stroganoff .....	134
Crabmeat Casserole .....	131
Curried Shrimp Rice .....	142
Deville Crabs .....	128
Fish with Mayonnaise .....	136
Fried Pompano Filets .....	145
Jarl's Crab Cakes .....	130
Make-Ahead Tuna Casserole .....	146
My Mother's Crab and Shrimp Casserole .....	134
Oven Bake Shrimp .....	148
Oyster Dressing or Casserole .....	137
Oyster Pie .....	138
Panned Oysters .....	137
Phil's Rock Muddle .....	149
Scallop Casserole .....	139
Scalloped Oysters .....	138

# INDEX

## MAIN DISHES

PAGE

### SEAFOOD

Seafood Newburg.....	145
Seafood Rogere .....	144
Shrimp and Ham Jambalaya .....	141
Shrimp Creole .....	140
Shrimp Curry .....	148
Shrimp Fried Rice .....	142
Shrimp Gumbo .....	144
Shrimp in Sauce .....	143
Shrimp Jambalaya .....	141
Shrimp Newburg .....	135
Shrimp Newburg .....	145
Shrimp Panned in Butter .....	143
"Sleepy Days" Fish.....	136
South Carolina Pine Bark Stew .....	149
Tuna Almond Casserole .....	146

### GAME

Baked Dove .....	151
Baked Pheasant .....	159
Black Duck .....	156
Charleston Potted Doves .....	152
Dove or Quail Casserole .....	152
Dove Slow-Down .....	153
Fried Quail .....	154
Hester Anne's Wild Goose .....	159
Preparation of Dove or Quail .....	151
Preparation of Wild Duck .....	155
Quail .....	153
Quail or Dove Stew .....	155
Rabbit in Sour Cream Sauce .....	160
Rabbit Pie .....	161
Rabbit, Preparation of .....	160
Roast Duck in Peach Sauce .....	156
Roast Duckling .....	155
Roast Wild Goose .....	157
Roast Wild Turkey .....	159
Roasted Quail .....	154
Special Roast Duckling .....	157

## INDEX

MAIN DISHES	PAGE
GAME	
Venison à la Blaise .....	163
Venison Country Style .....	164
Venison Paté .....	162
Venison, Preparation of .....	161
Venison Ribs, Barbecued .....	164
Venison Roast .....	162
Venison Stew .....	163
Wild Duck .....	156
Wild Goose with Sour Cream and Mushrooms .....	158
SAUCES AND STUFFINGS FOR GAME	
Apple, Raisin and Nut Stuffing .....	166
Celery Stuffing .....	166
Chestnut Stuffing .....	167
Crabapple and Port Sauce .....	165
Orange Sauce .....	165
Oyster Dressing .....	167
Peach Sauce .....	166
Peanut Dressing .....	167
Sausage Stuffing .....	167
Spiced Apple Sauce .....	165
PORK	
Busy-Day Dinner-in-a-Pot .....	168
Ham Divan .....	172
Marinated Pork Roast .....	168
Oriental Spareribs .....	170
Oven Barbecued Spareribs .....	169
Pork Backbone and Rice .....	168
Pork Loin, Braised .....	169
Potato-Pork Chop Casserole .....	171
Sausage-Rice Casserole .....	172
Sausage-Squash Special .....	171
Sweet and Sour Pork .....	170
LAMB	
Crown Roast of Lamb .....	173
Irish Stew .....	173
Lamb Supreme .....	173

# INDEX

VEAL	Page
Roast Veal.....	174
Veal with Lemon Sauce .....	174

## SAUCES

Barbecue Sauce .....	178
Cherry Sauce .....	180
Chili Sauce for Hot Dogs .....	179
Cocktail Sauce .....	179
Cream Sauce .....	176
Easy Cheese Sauce .....	176
Easy Fudge Sauce .....	181
Easy Hollandaise Sauce .....	175
Easy Hot Mint Chocolate Sauce .....	180
Hard Sauce .....	181
Herb Butter .....	180
Homemade Hot Mustard .....	178
Hot or Cold Dessert Sauce .....	181
Ice Cream Topping .....	182
It's Hot Mustard .....	178
Mushrooms in Sauterne .....	177
Orange Cream Sauce .....	182
Raisin Sauce for Ham .....	177
Remoulade .....	175
Sauce for Steamed Oysters .....	177
Sweet Hot Mustard .....	177
Tartar Sauce for Fish .....	178
Wine Sauce .....	176

## VEGETABLES

Asparagus Casserole .....	183
Asparagus Elegante .....	184
Asparagus Vinaigrette .....	183
Asparagus with Chicken .....	184
Beans, Easy Baked .....	184
Beans, Pearl's Pinto .....	185
Beans, Swiss French .....	185
Beets, Harvard .....	187
Broccoli and Egg Casserole .....	189
Broccoli Casserole #1 .....	188

# INDEX

VEGETABLES	Page
Broccoli Casserole #2 .....	189
Broccoli Corn Bake .....	188
Broccoli Souffle .....	187
Cabbage, Baked .....	190
Cabbage, Red .....	190
Cabbage, Spiced Red .....	190
Cabbage, Stir Fry .....	191
Carrot Souffle .....	194
Carrots, Candied .....	194
Carrots, Marinated .....	192
Carrots, Zippy Glazed .....	191
Cauliflower with Mushroom-Cheese Sauce .....	194
Celery, Far East .....	195
Celery, Scalloped .....	195
Corn, Escalloped .....	197
Corn Oysters .....	196
Corn Pudding, Green .....	196
Corn Pudding #1 .....	195
Corn Pudding #2 .....	196
Eggplant Casserole #1 .....	197
Eggplant Casserole #2 .....	197
Eggplant, Fried .....	198
Eggplant-Spinach with Topping .....	198
English Peas, Country Style .....	199
Foglie di Patate .....	193
Green Bean Almond Casserole .....	186
Green Beans Oriental .....	186
Green Beans with Cashew Nuts .....	191
Harvest Bounty Casserole .....	214
Okra, Fried .....	200
Onions, Baked Whole .....	200
Onions in Mustard Sauce .....	199
Onions with Peanut Topping, Baked .....	200
Potato Casserole, Quick and Easy .....	186
Potato, Onion, Bell Pepper Casserole .....	201
Potato Pancakes .....	193
Potatoes Anna .....	193
Potatoes, The \$64 .....	201
Potatoes, Twice-Baked .....	201

# INDEX

VEGETABLES	PAGE
Ratatouille .....	202
Rice-Broccoli Casserole .....	187
Rice Casserole .....	202
Rice, Garlic .....	203
Rice, Parisian .....	210
Rice, Roman .....	204
Rice, Sour Cream .....	203
Rice Verde .....	203
Spinach Casserole #1 .....	204
Spinach Casserole #2 .....	205
Spinach in Onion Cups .....	207
Spinach Loaf .....	206
Spinach, Quick Creamed .....	206
Spinach Ramekins .....	204
Spinach Ring .....	206
Spinach Souffle.....	208
Spring Onions or Leeks au Gratin .....	199
Squash, Baked Acorn .....	210
Squash Casserole .....	210
Squash Casserole, Peanuttty .....	209
Squash Creole .....	209
Squash Mousse au Gratin .....	211
Squash, Posh .....	209
Sweet Potato and Apple Casserole .....	208
Sweet Potato Casserole .....	207
Sweet Potatoes, Candied .....	207
Tomato Pudding .....	213
Tomatoes, Baked .....	212
Tomatoes, Fried Green .....	213
Tomatoes, Spiced .....	212
Tomatoes, Stuffed .....	212
Vegetable Casserole .....	213
Vegetable-Cheese Bake .....	214
Vegetable-Rice Medley .....	192
Yam Souffle in Orange Cups .....	208
Zucchini Squash Casserole .....	211



# INDEX

FRUITS	Page
Baked Fruit .....	216
Fruit Cooked in Sherry .....	215
Hot Fruit .....	215
Pineapple Bake .....	216
Pineapple Picks .....	216

## BREADS

Banana Bread .....	219
Basic Crepes .....	217
Batter Cakes .....	219
Biscuits, Angel Flake .....	218
Biscuits, Baking Powder .....	218
Biscuits, Colonial Sweet Potato .....	231
Biscuits, Cream Cheese .....	222
Corn Bread, Mexican .....	230
Corn Bread, Perfect .....	228
Corn Bread, Rich .....	223
Corn Meal Cakes.....	223
Dilly Bread .....	222
Gingerbread .....	223
Hush Puppies .....	227
Loaf Bread .....	228
Muffins, Better Bran .....	220
Muffins, Blueberry .....	221
Muffins, Sally Lunn .....	226
Muffins, Six Weeks Bran .....	220
Oatmeal pan cakes .....	230
Orange Bread .....	229
Persimmon Bread .....	227
Pop-Overs .....	230
Pumpernickel Bread .....	231
Pumpkin Bread .....	229
Rolls, Cinnamon .....	225
Rolls, Ice Box .....	224
Rolls, Whole Wheat Refrigerator .....	232
Sour Cream Bread .....	226
Spiced Zucchini Bread .....	232
Spoon Bread .....	231
Spoon Bread, Double Corn .....	224

# INDEX

## BREAD

## PAGE

Spoon Bread, Grits .....	221
Spoon Bread, Souffle .....	221
Sweet Roll Dough .....	225
Whole Wheat Loaf Bread .....	228

## CAKES

Almost Heaven Cake .....	233
Anna Rose's Fruit Cocktail Cake .....	245
Apple Cake .....	234
Banana Split Cake .....	235
Carrot Cake .....	235
Chocolate Chip Cake .....	236
Chocolate Sheet Cake .....	237
Chocolate Surprise Cupcakes .....	239
Chocolate Syrup Cake .....	236
Christmas Cake .....	239
Cocoanut Cake .....	240
Coffee Cake .....	243
Coffee Cake, St. Timothy's .....	242
Cottage Cake with Rum Sauce .....	246
Devil's Food Cake .....	240
Humming Bird Cake .....	247
Lightning Cake .....	243
Miss Katie's Plain Cake .....	249
Mrs. Hargrove's Chocolate Cake .....	237
Orange Nut Cake .....	248
Orange Rind Cake .....	248
Perfect Chocolate Cake .....	238
Pig Picking Cake .....	241
Pineapple Upside Down Cake .....	249
Pistachio Nut Swirl Cake .....	255
Plum Cake .....	246
Pound Cake, Brown Sugar .....	241
Pound Cake, Brown Sugar .....	251
Pound Cake, Buttermilk .....	253
Pound Cake, Cocoanut .....	242
Pound Cake, Chocolate .....	252
Pound Cake, Crispy .....	252
Pound Cake, Michigan .....	253

## INDEX

CAKES	PAGE
Pound Cake, Mountain .....	254
Pound Cake #1 .....	251
Pound Cake, Sour Cream .....	250
Pound Cake #2 .....	251
Prune Cake .....	254
Rum Cake .....	256
Scripture Cake .....	256
Seven Dwarfs Cupcakes .....	244
Sponge Cake .....	257
Stack Cake .....	257
Watergate Cake.....	255
White Fruit Cake.....	245
Zwieback Cake.....	258

## ICINGS

Fluffy Cocoa Icing .....	261
Lemon Glaze .....	259
Lemon Jelly Filling .....	260
No-Fail Caramel Icing .....	259
Seafoam Frosting .....	260
Seven Minute Icing .....	260

## PIES AND TARTS

Butterscotch Pie .....	266
Cheese Pie .....	267
Cherry Cream Cheese Pie .....	265
Chocolate Pie .....	268
Chocolate Chess Pie .....	265
Chocolate Chip Pie .....	267
Chris' Lemon Pie .....	273
Cocoanut Pie .....	269
Coffee Ice Cream Pie .....	270
Cracker-Nut Pie .....	268
Cream Top Apple Pie .....	264
Creme de Menthe Pie .....	269
Easy Key Lime Pie .....	270
Easy Lemonade Pie .....	272
Foley's Famous Apple Pie .....	262

# INDEX

## PIES AND TARTS

## PAGE

Frozen Peanut Pie .....	276
Frozen Rum Cream Pie .....	277
German Chocolate Pie .....	269
Green Tomato Pie .....	278
Heavenly Chocolate Pie .....	268
Key Lime Pie .....	271
Lemon Chess Pie .....	267
Lemon Chiffon Pie .....	271
Lemon Meringue Pie .....	272
Magic Lemon Pie .....	272
Maryland Irish Potato Pie .....	273
Mock Pecan Pie .....	274
Pecan Pie .....	274
Pumpkin Chiffon Pie .....	276
Pumpkin Pie #1 .....	275
Pumpkin Pie #2 .....	275
Sour Cream Apple Pie .....	263
Strawberry Cream Pie .....	277
Strawberry Pie .....	278
Streusel Apple Pie .....	263
Sweet Potato Pie .....	277
Tarts, Cream Cheese .....	279
Tarts, French Silk .....	278
Tarts, Lemon .....	279
Tarts, Lemon Butter .....	279
Tarts, Mary Pickford's Jam .....	280
Tarts, Pecan .....	280
Three Chocolate Pie .....	266

## DESSERTS

Apple Dapple .....	284
Apple Dumplings .....	281
Apple Souffle .....	283
Apricot Mousse .....	281
Baked Bananas .....	282
Banana Snow Whip .....	298
Blueberry Dream Dessert .....	285
Caramel Puffs .....	288
Caramelized Eagle Brand Milk .....	293

# INDEX

DESSERTS	PAGE
Charlotte Russe .....	286
Cherry Crunch .....	289
Chocolate Delight .....	285
Chocolate Dessert .....	287
Chocolate Peppermint Dessert .....	287
Creme de Menthe Dessert.....	289
Custard, Baked .....	282
Custard, Boiled .....	282
Daiquiri Souffle .....	290
Elegant Port Wine Gelatin .....	291
Flan de Leche .....	291
Fresh Peaches with Raspberry Sauce .....	296
Frozen Menthe .....	297
Fruit Cobbler .....	283
Gateau au Chocolate .....	292
A Grand Trifle .....	283
Ice Cream, Caramel .....	288
Ice Cream, Vanilla .....	302
Luscious Lemon Dessert .....	293
Moonshine .....	303
Old Fashioned Wine Jelly .....	296
Orange Charlotte .....	295
Orange Gustav .....	295
Parfaits, Chocolate .....	289
Parfaits, Grasshopper .....	292
Parfaits, Mocha .....	294
Pot de Creme .....	297
Pudding, Cherry Cottage .....	286
Pudding, Lemon .....	294
Pudding, Persimmon .....	297
Pudding, Rice .....	298
Pudding, Sweet Potato .....	301
Pudding, T.J.'s Sweet Potato .....	300
Pudding, Texas .....	302
Pumpkin Dessert .....	298
Sherbet, Apricot and Lemon .....	284
Sherbet, Easy Three Fruit .....	290
Sherbet, Fruited Milk .....	294
Sherry Cream Dessert .....	299

## INDEX

### DESSERTS

### PAGE

Strawberry Shortcake Dessert.....	299
Strawberry Shortcake .....	300
Swiss Coffee .....	301
Syllabub with Cake .....	301
Tipsy Cake .....	302

### COOKIES

"The Best" Sugar Cookies .....	310
Cocoanut Cookies .....	304
Cocoanut Macaroons .....	304
Crescents (Nutty Fingers) .....	305
Crisp Cookies.....	305
Date Bars .....	305
Forgotten Cookies .....	306
Lace Secrets .....	306
Lemon Meringue Cookies .....	307
Lemon Squares .....	307
Oatmeal Cookies .....	306
Peanut Butter Cookies .....	308
Penelope Barker Tea Cakes .....	311
Rum Balls .....	308
Sara's Sinful Brownies .....	309
Snicker Doodles .....	310
Spritz Cookies .....	309
Toll House Cookies .....	311

### CANDIES

Almond Brittle .....	312
Candy Crunch .....	313
Chocolate Fudge .....	313
Date Roll Candy .....	314
English Toffee .....	314
Fudge Drop Candy .....	314
Peanut Brittle .....	312
Pralines .....	313
Seafoam Candy .....	315



# INDEX

## PICKLES, PRESERVES AND RELISHES

Candied Grapefruit .....	323
Chili Sauce .....	328
Chutney .....	326
Chutney, Peach .....	330
Dilled Carrot Sticks .....	322
Garden Salad .....	323
Ginger-Pear Conserve .....	324
Jelly, Hot Pepper .....	327
Jelly, Mint .....	327
Jelly, Orange .....	325
Marmalade, Apricot .....	325
Marmalade, Orange .....	324
Pear Chips .....	328
Pear Mincemeat .....	326
Pear-Pineapple Topping .....	324
Picallili .....	329
Pickle Sticks .....	321
Pickled Okra .....	322
Pickles, Artichoke .....	317
Pickles, Bread and Butter .....	317
Pickles, Crisp Sweet Cucumber .....	318
Pickles, Cucumber .....	320
Pickles, Dill #1 .....	321
Pickles, Dill #2 .....	321
Pickles, Frozen Cucumber .....	318
Pickles, Ice Box .....	320
Pickles, Peach .....	328
Pickles, Mrs. Charles Warren's .....	319
Pickles, Robena's Cucumber .....	319
Pickles, Squash .....	330
Pickles, Watermelon Rind .....	331
Preserves, Fig .....	325
Relish, Artichoke .....	316
Relish, Corn .....	322
Relish, Cranberry .....	327
Relish, Tomato .....	331

SO-LO	Page
BEVERAGES	
Dieter's Punch .....	332
Fresh Lemonade .....	332
Hot Spiced Tea .....	332
SOUPS	
Jellied Tomato Bouillon .....	333
Low Calorie Onion Soup .....	333
Peel-Pound Soup .....	333
Slim Vegetable Soup .....	334
MAIN DISHES	
Baked Pork Chops Marie .....	335
Barbecued Chicken .....	335
Chicken Salad .....	336
Meat Loaf .....	336
Orange Tuna Salad .....	336
Pepper Steak .....	337
Quickie Chicken .....	337
Swiss Chick .....	338
Zucchini Lasagna .....	338
VEGETABLES	
Cabbage with Apple .....	339
Cauliflower .....	340
Marinated Beets .....	339
Mock Sweet Potato Casserole .....	340
Sesame Seed Broccoli .....	339
Spinach Puff .....	340
Stuffed Acorn Squash .....	341
Stuffed Zucchini .....	341
Yellow Squash .....	341
Zucchini Parmesan .....	342
SALADS	
Congealed Fruit Salad .....	343
Fresh Fruit Salad .....	343
Hot Jelly .....	344

## INDEX

SALAD	PAGE
Jellied Spring Salad .....	344
Molded Cucumber Salad .....	344
Pineapple-Cottage Cheese Salad .....	345
V-8 Aspic .....	345
DRESSINGS	
Celery Seed Dressing .....	346
Creamy Dressing for Fruit .....	346
Creamy Italian Dressing .....	346
French Dressing .....	347
Yogurt Salad Dressing .....	347
SAUCES	
Barbecue Sauce .....	348
Custard Sauce .....	348
Lemon Sauce .....	349
Rhubarb Sauce .....	349
Rum Sauce .....	349
Seafood Sauce .....	350
DESSERTS	
Banana Coupe .....	351
Cheese Cake .....	351
Frozen Shells .....	351
Peach Crisp .....	352
Pineapple Snow .....	353
Raisin Bran Snack Cake .....	355
Snow Pudding .....	354
Whipped Topping .....	355
Wine Jelly .....	354
MISCELLANEOUS	
Cabbage Omelet .....	356
Cereal Pie Crust .....	356
French Toast .....	357
Low Calorie Pie Crust .....	356
Mock Sour Cream .....	357

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